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PAGE 18

**DAY 2: TAKE BACK
THE INTERNET**



'YOUR RIGHTS MATTER ... BECAUSE YOU NEVER KNOW WHEN YOU'RE GOING TO NEED THEM.' LOOK FOR THIS CODE TO WATCH EDWARD SNOWDEN'S TED TALK

PAGES 14 & 15

Pot-friendly docs in short supply

Medical marijuana. Federal reforms spark new rules for province's physicians

Patients and experts fear prospective Alberta medicinal-marijuana users will have an impossible time acquiring a prescription as new rules turn physicians into the "gatekeepers" of the drug.

The concerns stem from new regulations implemented by Health Canada on April 1, which have put the onus on doctors across the country to determine who can turn to commercial growers to treat their ailments with cannabis.

Previously Health Canada had to approve applications to access the drug.

Numerous pro-marijuana advocates told Metro there were already very few doctors in Alberta willing to back the bud when compared with other provinces like B.C.

Fonda Betts, chief operation

officer of the GreenLeaf Medical Clinic in Abbotsford, B.C., said many doctors are hesitant to prescribe marijuana because it comes with a huge learning curve.

"It's a challenge for physicians who don't understand the cannabis landscape," she said.

"The medical-marijuana industry is so fast moving, you have to keep your finger on the pulse."

Meeting with patients via webcam, GreenLeaf has given prescriptions to a number of Albertans who can't find a doctor locally, Betts said.

After federal reforms took effect this week, the College of Physicians and Surgeons of Alberta was prompted to introduce new pre-prescription regulations. Among the requirements, physicians must now provide evidence they have professional training specific to the use of marijuana before providing the drug.

College spokesperson Kelly Eby was quick to point out that Health Canada has not

approved the use of marijuana but was required by the courts to provide "reasonable access."

Eby said the new rules turn the college's members into "gatekeepers" of the drug, thus prompting the new requirements.

"We've heard that there are concerns from (physicians) about their new role," she said.

Eby said the number of marijuana-friendly doctors in Alberta is not actively tracked. But numerous users interviewed indicated anecdotally that bud-friendly physicians are few and far between.

Calgary patient Lisa Kirkman said the new rules will likely drive the health community even further away from accepting marijuana as a viable treatment option.

"This is the one province where everybody has to leave the province to go find ... a cannabinoid specialist," she said. "The science doesn't lie... What (college members) are basically saying is, 'We are the worst doctors in all of Canada.'"

LEAH GERMAIN & JEREMY NOLAIS/METRO



KINGS OF THE ROOST

Kings of Leon lead singer Caleb Followill performs on stage at Rexall Place on the Edmonton stop of the band's Mechanical Bull Tour. TOPHER SEGUIN/FOR METRO



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'Multiple offers'

First-time home buyers facing red hot market

Realtor Tim Oliver said because of Edmonton's hot real estate market first-time home buyers have to move fast to get in the door.

"All the realtors are going in on the first day and there are multiple offers, so it can be really frustrating for people," he said.

He said investors are also looking at the value in the market, which adds more pressure.

"I tell all my buyers that whenever something comes out on the market that is competitively priced and in a good location that we have to be in right away," he said. "We need to be in that house within the first 12 hours of it being listed."

Stats from the Edmonton Realtors Association back up Oliver's perspective with five per cent more single-family homes being sold in the first quarter of this year than they did a year ago and 11 per cent more condos.

Jon Hall, with the association, said the tightest market is in homes between \$300,000 and \$400,000 where most first-time buyers are looking.

"There are a number of multiple offers happening down there and those homes sell fairly quickly," he said.

The average price of a single-family home is \$432,458 and the average condo sold for \$247,005.

Hall said first-time buyers would do well to consider mature neighbourhoods and older homes that might need some extra TLC, but are a good long-term investment.

RYAN TUMILTY/METRO

Rundle Park. City offering paddleboard program

The city is on board to bring back its paddleboard program this summer for prospective participants.

For anyone who's ever wanted to try the sport, the city's Sarah Gerichke said the pond at Rundle Park is the perfect place to get to test the waters.

"It's not too hard, and I say that knowing it is quite difficult, but it doesn't require a lot of athleticism," Gerichke said.

Lessons include learning how to stand on the board, stroke, turn and stop.

"The most impact you will have is hitting the water, which



The city has seven paddleboards available for Edmontonians to enjoy this summer. CONTRIBUTED

is easier than hitting the pavement," Gerichke added.

Check out the city's website for more info. LEAH GERMAIN/METRO

\$1 million debt? Tory prez says finances solid

The president of Alberta's Progressive Conservatives told members there is a lot of positives in the party's financials, despite nearly \$1 million in debt the party has taken on.

Jim McCormick emphasized that when \$1.6 million in donations to the party's constituency association is added to its financial total, they have raised much more than the opposition parties.

"The combination of donations to the party and constituency associations totaled almost a million dol-

Quoted

"And 2014 is off to a very strong start for the party, with our first quarter fundraising likely the best we've had since 2014."

Jim McCormick, president of Alberta's Progressive Conservatives

lars more than our closest competitor, and we thank you for that," said McCormick. METRO

Province says no to liquor in grocery stores

'Can of worms.' Store owners say the idea would've caused repercussions

Alberta's liquor authority won't be considering alcohol in major grocery stores any time soon following a decision by Ontario officials to pilot liquor kiosks inside major grocers.

"In Alberta, we have a private network of retailers. We have what we believe is a suc-

cessful business model," said Jody Korchinski, director of communications with the Alberta Gaming and Liquor Commission (AGLC).

Ontario's Finance Minister Charles Sousa announced Tuesday that grocery stores in the province will have to apply for a chance to install the LCBO store-within-a-store, which would sell a wide variety of beer, spirits and wine, including craft beers and wines.

Back in Edmonton, owners of independent liquor businesses say the pilot project would never work in Alberta without "opening up a new can of worms," according to Dirk Chan, co-owner of deVine Wine and Spirits. "It may start a chain of events with big grocery stores starting to monopolizing liquor," he said.

The business owner added that even if it were to hap-



Alberta Gaming and Liquor Commission officials say Ontario's decision to move LCBO kiosks into some grocery stores won't happen in Alberta anytime soon. METRO FILE

pen, the same level of service wouldn't be found in bigger box stores. "Our clientele is wine savvy. You can't expect to

get the same level of expertise in a grocery store clerk."

STEPHANIE DUBOIS/METRO

WITH FILES FROM TORSTAR NEWS SERVICE

Lotta liquor

1,300

According to AGLC officials, there are approximately 1,300 liquor stores across the province.

1 NEWS

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PC leadership. Dinning declines to run, says he's past his 'best-before date'

There has been plenty of tire-kicking, but so far no one has officially bought into Alberta's Progressive Conservative leadership race.

Party officials are expected to set the opening date of the campaign in a week or so, but one name some might have expected to see on a nomination list won't be there. Former Alberta treasurer and one-time Tory leadership candidate Jim Dinning says he won't be in the running to replace Alison Redford.

Redford resigned March 23 amid growing concerns about her expenses and leadership style.

Dinning confirmed in an email on Wednesday that he isn't interested in the job but refused to comment further.

"I'm grateful to those Albertans who've asked me



Jim Dinning THE CANADIAN PRESS FILE

to run for the leadership. I thank you, but I believe my political 'best-before' date is behind me. I've done my tour of duty both as a public servant and an elected politician. It's time for new blood," Dinning wrote in an op-ed. THE CANADIAN PRESS

Non-stop

Dallas/Fort Worth flights take off

The first non-stop flight to Dallas/Fort Worth departed from Edmonton International Airport on Wednesday.

The daily service links Edmonton to more than 200 destinations and over 20 countries.

The three-hour-and-55-minute southbound flight is operated by American Airlines.

METRO

Flesh and spud

Painful game of hot potato erupts at storage facility

Lethbridge RCMP were called to a potato storage facility near Coaldale shortly after midnight Tuesday.

According to reports, there was an explosion and fire after chemical treatments stored in the building ignited. One person was taken to hospital for minor burns. METRO



Fishing boats washed ashore by a small tsunami sit in Caleta Riquelme, adjacent to the port, on Wednesday in the northern town of Iquique, Chile, after a magnitude-8.2 earthquake struck the country's northern coast. CRISTIAN VIVERO/THE ASSOCIATED PRESS

Edmontonians react to quake in Chile

Magnitude 8.2. Many are grateful that family back home was spared horror of 2010 quake



STEPHANIE DUBOIS
stephanie.dubois@metronews.ca

Chilean-Edmontonians are expressing gratitude that many of their family members weren't immensely impacted by Tuesday's 8.2-magnitude earthquake in Chile that re-

sulted in six deaths.

With a tsunami alarm issued following the quake, Boris Contreras's mother-in-law was forced to evacuate her home in Iquique, about 96 kilometres southeast of where the earthquake started.

"My wife was on the phone when the evacuation was ordered, and there was a little bit of nervousness afterward, but they're OK," he said.

Taking precautions after the country's last large earthquake — which killed hundreds of people and resulted in substantial damage in 2010

True fear

"Until you feel an actual earthquake, you have no idea what it's like."

Cecilia Latorre, who lived through the devastating 2010 earthquake in Chile

— the country was ready with over 900,000 people evacuated from the coastline.

"The government of Chile has been working hard to improve the awareness of people living along the coast to the threat from tsunamis and on

what to do if one is approaching," said Steven Godby, an expert in disaster management at Nottingham Trent University in Nottingham, England.

Those living in Edmonton said many Canadians cannot fully understand how scary an earthquake can be.

"I lived through the 2010 earthquake in Chile. Until you feel an actual earthquake, you have no idea what it's like," said Cecilia Latorre, whose family in Chile wasn't directly impacted.

WITH FILES FROM THE CANADIAN PRESS

TV crew invades downtown

Downtown is teeming this week with actors, wardrobe assistants and trailers as a film crew tapes the fourth season of APTN's Blackstone.

The now-closed Shade105 nightclub on 105th Street was alive Wednesday afternoon during the filming of a show that the crew says has evolved over the last few years.

"I really think Season 4 will be the best season yet. There's multi-layered characters in Blackstone," said producer Jesse Szymanski.

The show is described as a "raw, powerful and addictive series (that) continues to explore the universal themes of power, corruption and family as seen through the lives of the Blackstone First Nation community."



Film crews were at Shade105 to film the television show Blackstone on Wednesday. STEPHANIE DUBOIS/METRO

The show recently received four Canadian Screen Award nominations.

The crew will also make their way to the Edmonton

Remand Centre later on.

Filming will continue until May, with Season 4 to air this fall.

STEPHANIE DUBOIS/METRO

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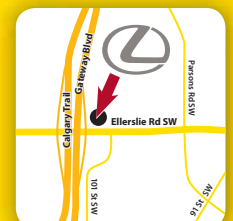
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U.K. smog forms from pollution, big Sahara storm

The perfect storm.

Pollution in some areas reaches top of the scale, health warnings issued

European pollution and dust swirling in from the Sahara created a "perfect storm" of smog in Britain on Wednesday, prompting authorities to warn people with heart or lung conditions to cut down on tough physical exercise outdoors.

Air pollution in some areas reached the top rung on its 10-point scale, the environment department said.

The smog was caused by pollution from Britain and industrialized areas of the continent — trapped in place because of light winds — mixing with dust blown up from a storm in the Sahara desert. Many motorists across England awoke this week to find cars covered in a film of red dust left by overnight rain. People with heart or respiratory problems were advised to reduce strenuous exercise outdoors.

An unusual combination of factors had conspired "to create a 'perfect storm' for air pollution," said meteorologist Helen Dacre.

Despite efforts to make industry and automobiles cleaner, air pollution remains a major problem in Britain and across Europe.

Last month, Paris took the drastic step of banning half the city's cars from the roads for a day after a week in which pollution levels exceeded those in notoriously smoggy cities including Beijing and Delhi.

Air pollution is the world's single biggest environmental health risk,



A cyclist wears an anti-pollution mask as she cycles along The Mall in London on Wednesday. KIRSTY WIGGLESWORTH/THE ASSOCIATED PRESS

responsible for about one in eight deaths, the World Health Organization said last week.

Unhealthy brew causing health risk to some

"Toxic gases, such as nitrogen dioxide and ozone, as well as fine dust particles in the air blown in from the Sahara and from burning fossil fuels, all contribute to cause problems for people with heart, lung and breathing problems, such as asthma."

Helen Dacre, a meteorologist at the University of Reading

Air pollution kills about seven million people worldwide every year, with more than half of the fatalities due to fumes from indoor stoves and the rest from outdoor pollutants, the WHO said.

Paul Cosford of Public Health England told the BBC that people with heart or respiratory problems should "reduce the amount of strenuous exercise outdoors over the next few days."

THE ASSOCIATED PRESS

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'It's just a matter of time' till they legalize it: Poll

Survey says. 75% of Americans think sale and use of marijuana will eventually be legal across the nation

Marijuana legalization in the U.S. seems inevitable to three-fourths of Americans, whether they support it or not, according to a poll out Wednesday.

The Pew Research Center survey on America's shifting attitudes about drug policy also showed increased support for moving away from mandatory sentences for non-violent drug offenders.

The telephone survey found that 75 per cent of respondents



Most Americans think legal marijuana is inevitable, according to a new Pew Research poll. THE CANADIAN PRESS FILE

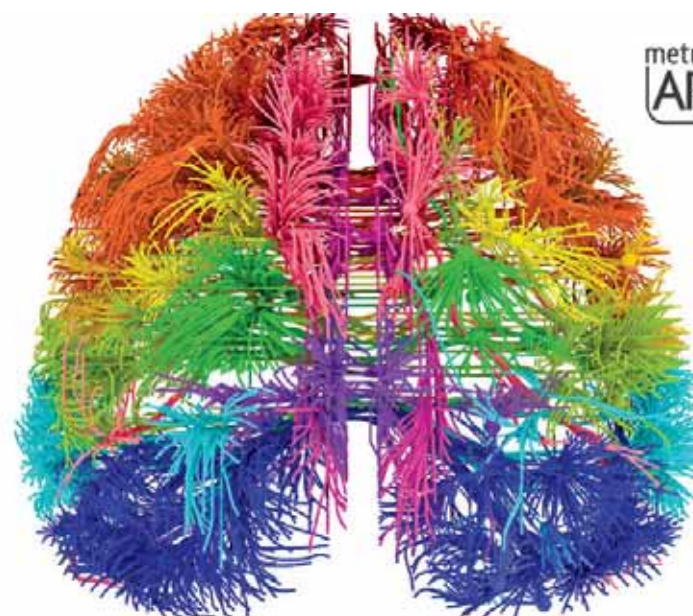
— including majorities of both supporters and opponents of legal marijuana — think that

the sale and use of pot eventually will be legal nationwide. It was the first time that question had been asked.

Some 39 per cent of respondents said pot should be legal for personal adult use. Forty-four per cent of those surveyed said it should be legal only for medicinal use. Just 16 per cent said it should not be legal at all.

The responses come as two states have legalized recreational marijuana, with more than 20 states and Washington, D.C., allowing some medical use of the drug.

"It's just a matter of time before it's in more states," said Steve Pratley of Denver, a 51-year-old pipefitter who voted for legalization in Colorado in 2012. **THE ASSOCIATED PRESS**



OK, make a left at scaring housewives, then go straight until you hit loving to eat cheese

This image provided by the Allen Institute for Brain Science shows a top-down map of connections originating from different cortical areas of the brain of a mouse. Scientists have created the first brain-wide wiring diagram for a mammal at such a level of detail. Scan the image with your Metro News app to see other images, including nerve cells making direct connections, connections between four visual areas and a circular wiring diagram of connections among 215 regions.

ALLEN INSTITUTE FOR BRAIN SCIENCE/THE ASSOCIATED PRESS

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Deadly shooting at U.S. Army's Fort Hood base

Second incident.

Base was also scene of 2009 event that left 13 people dead

A gunman opened fire Wednesday at the U.S. Army's Fort Hood in an attack that left at least four dead, including the shooter, law enforcement officials said.

One of the officials, citing official internal Justice Department updates, said 14 others were hurt. The officials spoke on condition of anonymity because they were not authorized to release information by name.

The Texas Army base was



In this 2009 photo, an entrance is shown to the Fort Hood Army base in Texas. THE ASSOCIATED PRESS

the scene of a mass shooting in 2009. Thirteen people were killed and more than 30 wounded in what was the deadliest attack on a domestic military installation in history.

A U.S. law enforcement official said reports circulating

within the Justice Department indicate the shooter died of what appears to be a self-inflicted wound. The official spoke on the condition of anonymity because the investigation is still ongoing.

Outside the base, some relatives of soldiers waited for news about their loved ones.

Tayra DeHart, 33, said she had last heard from her husband, a soldier at the post, that he was safe, but that was hours earlier.

"The last two hours have been the most nerve-wracking I've ever felt. I know God is here protecting me and all the soldiers, but I have my phone in my hand just hoping it will ring and it will be my husband," DeHart said. THE ASSOCIATED PRESS



Fishermen look for damaged boats to salvage in the port of Iquique, Chile, on Wednesday. Authorities discovered surprisingly little damage from a magnitude-8.2 quake that struck in the Pacific Ocean Tuesday evening. LUIS HIDALGO/THE ASSOCIATED PRESS

Big quake in Chile causes little damage

Hard-won expertise and a big dose of luck helped Chile escape its latest magnitude-8.2 earthquake with surprisingly little damage and death.

The country that suffers some of the world's most powerful quakes has strict building codes, mandatory evacuations and emergency preparedness that sets a global example. But Chileans weren't satisfied Wednesday, finding much room for improvement. And experts warn that a "seismic gap" has left northern Chile overdue for a far bigger quake.

Authorities on Wednesday discovered just six reported

Tuesday's temblor

8.2

Magnitude of the earthquake that hit Chile on Tuesday night

deaths from the previous night's quake. It's possible that other people were killed in older structures made of adobe in remote communities that weren't immediately accessible, but it's still a very low toll for such a powerful shift in the undersea fault that runs along the length of South America's

Pacific coast.

"How much is it luck? How much is it science? How much is it preparedness? It is a combination of all of the above. I think what we just saw here is pure luck. Mostly, it is luck that the tsunami was not bigger and that it hit a fairly isolated area of Chile," said Costas Synolakis, an engineer who directs the Tsunami Research Center at the University of Southern California.

Chile is one of the world's most seismic countries and is particularly prone to tsunamis.

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Senators say report shows CIA tortured detainees after 9/11

Senate intelligence committee probe.

Panel to vote Thursday on whether to make public the 6,200-page report's summary and key findings

A U.S. Senate panel appears likely to demand the release of a contentious torture report that has sharply divided lawmakers and the CIA, as two centrist senators joined the push Wednesday for a summary of the review to be declassified.

In a joint statement, Sens. Susan Collins and Angus King said the still-classified Senate intelligence committee investigation would show

Classified report

Congressional aides and outside experts familiar with the classified report say it is harshly critical of waterboarding and other harsh interrogation methods, and concludes that such practices provided no key evidence in the hunt for Osama bin Laden. The CIA disputes many of the conclusions in the report.

the CIA tortured some terror detainees in its battle against terror after the Sept. 11, 2001, attacks. And they accused the agency of mismanaging its "enhanced interrogation program."

Collins and King are among the newest members

of the intelligence panel. Collins is a moderate Republican. King is an independent who caucuses with Democrats. All Democrats on the committee are likely to vote for declassification of the report.

That step would initiate a process that could exacerbate a bitter rift between Senate investigators and CIA officials. Sen. Dianne Feinstein, a Democrat, and the committee chair, accuses the CIA of improperly monitoring the computer use of Senate staffers and deleting files, undermining the U.S. Constitution's separation of powers between the executive and legislative branches of government.

The CIA alleges the intelligence panel illegally accessed certain documents.

THE ASSOCIATED PRESS



Berlin hosts Ai Weiwei show

Visitors to the Martin-Gropius-Bau museum in Berlin are greeted by an atrium filled with more than 6,000 antique stools from villages across China's north — uniform-seeming yet individual objects left behind by history. Dissident Chinese artist Ai Weiwei has filled a floor of the museum with pieces large and small for his exhibition Evidence, which opened Wednesday and was billed by organizers as his biggest yet. It runs until July 7. MARKUS SCHREIBER/THE ASSOCIATED PRESS

Calif. pipeline inferno

Utility facing 12 criminal charges

Pacific Gas and Electric Co. has been charged with 12 felony violations of U.S. pipeline safety laws linked to a 2010 natural gas pipeline explosion that sparked a fireball and levelled 38 homes in the San Francisco Bay Area.

Nearly four years later, the neighbourhood where eight were killed and dozens injured is still recovering. THE ASSOCIATED PRESS

Turkey

Court orders ban on Twitter lifted

Turkey's highest court has ruled that the country's Twitter ban violates the right to free expression and has demanded that access be restored.

Turkey suspended access to Twitter last month after the website became a conduit for links to recordings suggesting government corruption.

THE ASSOCIATED PRESS

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Suspected prank leaves crustacean stranded

Southern Ontario. Returning the lobster back to the Atlantic will be no easy feat

A southern Ontario humane society is trying to decide what to do with a lobster found abandoned in a box early Wednesday in a restaur-

ant parking lot.

Lincoln County Humane Society executive director Kevin Strooband says the restaurant doesn't serve lobster but they suspect the crustacean was likely part of an April Fools' Day prank.

Strooband says they don't often have to deal with salt-water animals, but were able to get some salt water from a supermarket and the lobster

is in an aquarium at the humane society.

Strooband says the plan is to send the lobster back to the Maritimes where he probably came from.

The humane society is hoping that once a decision is made, they can find someone willing to take the lobster on a flight to Atlantic Canada and free it in the ocean.

And Strooband says if the

person isn't planning to go near the ocean, his sister lives there and will meet the flight to take custody of the lobster.

Strooband said the investigation into where the lobster came from continues.

"It appears because yesterday was April Fools' that it is a prank, or was part of a prank, and then once the prank was over, it was left," he added.

THE CANADIAN PRESS



A southern Ontario humane society is hoping someone Atlantic-bound will give this lobster a lift home. COURTESY LINCOLN HUMANE SOCIETY



Help name the baby gorilla

The Toronto Zoo needs help naming its latest newcomer — a baby gorilla born on Jan. 10 to mom Ngozi and dad Charles. The public can submit names on the zoo's website. CORRINA AIMERS/TORONTO ZOO

Accidental vote: Mayor

Ford votes 'no' on Mandela street

Toronto Mayor Rob Ford had an oops moment Wednesday when he voted against city council motions on naming a street in honour of Nelson Mandela and congratulating Canada's Olympic and Paralympic athletes.

Ford later claimed he hit the wrong voting button in both cases and asked for a re-vote, but it was unclear if one would be held. Ford has been embroiled in a number of scandals over the past year. THE CANADIAN PRESS

Chinese Twitter

Actor's apology sets record

A Chinese actor's apology to his actress wife following rumours of his infidelity has set a record for comments and retweets on China's version of Twitter.

TV star Wen Zhang posted a statement Monday that his wife "and the children could have had a warm and nice life, but everything was destroyed by me." The post was forwarded more than 1.2 million times and received nearly 1.9 million comments. THE ASSOCIATED PRESS



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Tory election overhaul. Poilievre is just fine with his controversial bill

Pierre Poilievre insisted Wednesday that his controversial overhaul of federal election laws is "terrific" just the way it is, despite almost universal condemnation by electoral experts in Canada and abroad.

The democratic reform minister stood by his heavily criticized bill even as some Conservative senators said they got the impression during a private meeting with Poilievre on Tuesday that he's open to amendments.

The senators hastened to add that they personally don't think amendments are necessary. And they, along with Conservative MPs, dismissed critics as being ill-informed, hysterical or resistant to change.

Among those who've denounced various elements of the sweeping bill are Marc Mayrand, the country's chief electoral officer, and Yves Cote, the elections commissioner who enforces election laws and investigates possible

250,000 disenfranchised

Among the many controversial provisions is one that would eliminate the practice of voters vouching for the identity of others who lack proper ID.

- Experts have said eliminating vouching, combined with banning the use of voter information cards to prove residency, could disenfranchise up to 250,000 voters — primarily students, elderly voters and aboriginals.

breaches.

Cote told the Commons committee studying the bill that separating his office from Elections Canada will make investigations less efficient and effective. And, by failing to give him the power to compel testimony, he said some investigations will be aborted. **THE CANADIAN PRESS**



The World Team skydivers try for record

In this photo taken Tuesday and provided by The World Team, a group of 222 skydivers from 28 nations dive over Eloy, Ariz. The jump was part of the group's ongoing attempt to set a world record by forming two distinct aerial formations within the same dive. The team did not break the record with this attempt.

ANDREY VESELOV/WORLD TEAM/THE ASSOCIATED PRESS

Grand Canyon

Bison causing problems in park

The herds of bison roaming the northern reaches of the Grand Canyon are causing some headaches. They were introduced to the area in 1906 as part of a ranching operation to crossbreed them with cattle. The state owns and maintains the bison on land outside the national park, but the animals have been spending a majority of their time within park boundaries grazing in sensitive areas.

THE ASSOCIATED PRESS

Distracted driving

B.C. considers tougher penalties

Distracted driving is killing more British Columbians than drunk driving, and Attorney General Suzanne Anton says the government is considering higher fines and penalties.

THE CANADIAN PRESS

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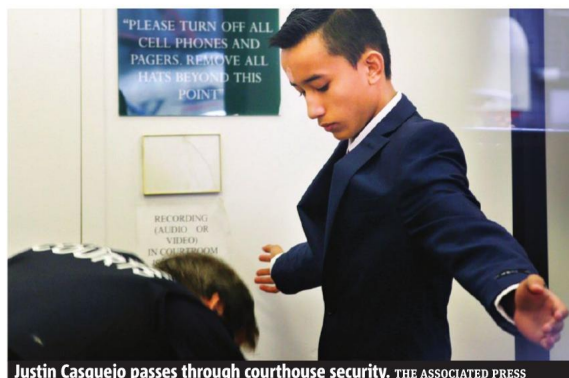
Teen who scaled N.Y. tower to be tried as a youth

Daredevil. 16-year-old Justin Casquejo spent two hours atop new World Trade Center

A teenager who climbed to the top of 1 World Trade Center in New York City will be assessed in a program for youthful offenders.

A judge on Wednesday ordered Justin Casquejo to return to court April 30. He and his lawyer declined comment outside court.

The 16-year-old from Weehawken, N.J., was arrested last month. Authorities say he was dressed like a construction worker when he squeezed through a hole in a



Justin Casquejo passes through courthouse security. THE ASSOCIATED PRESS

fence at about 4 a.m. and took an elevator to the spire.

The Port Authority of New York and New Jersey owns the site. It says it's reassessing security.

The 1,776-foot skyscraper is the nation's tallest building. It was built to replace the twin towers destroyed in the Sept. 11 attacks.

THE ASSOCIATED PRESS

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Canadians 'should be outraged' by Wi-Fi spy allegations: MP

Snowden documents.

CSEC says it only 'incidentally' intercepts Canadian communications



JOE LOFARO
Metro in Ottawa

If protecting the privacy of Canadians is Communications Security Establishment Canada's "most important principle," why do documents leaked by Edward Snowden appear to indicate the spy agency snooped on Canadian citizens at a Canadian airport?

It's a question that's sparked debate in Parliament and one that NDP digital issues critic Charmaine Borg still struggles with. Borg said Canadians "should be outraged" by allegations published in a January CBC News report which said CSEC spied on Canadians by scooping up metadata from a free Wi-Fi network.

CSEC chief John Forster defended his agency's actions, saying it only "incidentally" intercepts Canadian communications while targeting foreigners.

Metro was denied multiple requests for an interview with Public Safety Canada, the ministry responsible for cybersecurity, and its minister, Steven



Documents leaked by Edward Snowden seem to show the Canadian government was snooping on its citizens at the airport. CONTRIBUTED

Blaney.

"Our Government takes cybersecurity seriously and operates on the advice of security experts," wrote Blaney's press secretary, Jason Tamming, in an email, which also mentioned a \$245-million investment in the government's Cyber Security Strategy. The strategy was designed to protect public and private sector IT networks and the personal information of Canadians against online threats.

In another email to Metro, Sabrina Meheš, a Public Safety spokesperson, noted Canadian intelligence agencies are subject to "multiple layers of scrutiny."

"CSEC and CSIS, are both subject to independent review," wrote Meheš. "There is also judicial oversight of more intrusive CSIS activities, and

Ministerial approval of certain CSEC and CSIS activities."

But Borg and privacy advocates worry about more than just the government. In 2013 Borg tabled a private member's bill to give the federal privacy commissioner powers to hold private firms more accountable. Bill C-475, however, did not pass second reading in January.

As for what Canada is doing to protect the privacy of Canadians from corporations and hackers, Meheš referred Metro to the same Cyber Security Strategy.

Sometimes the law isn't enough. When firms break the law, the privacy commissioner can only make corrective recommendations and hope for the best.

"Here in Canada, all they get is a meager slap on the

Privacy

Why you should care

The question of what law-abiding people have to fear from government spying is likely self evident to anyone who has ever deleted their browsing history, but the question always comes up — why should we care?

In his recent Ted Talk in Vancouver via Skype, Edward Snowden addressed the question head on.

"The first thing is, you're giving up your rights. You're saying hey, you know, I don't think I'm going to need them," Snowden said. "People should be able to buy a book online, they should be able to travel by train, they should be able to buy an airline ticket without wondering about how these events are going to look to an agent of the government, possibly not even your government, years in the future."

wrist," said Borg. "If there are repercussions for violating our privacy laws, these organizations will start to treat the privacy of Canadians more seriously."

WITH FILES FROM TORSTAR NEWS SERVICE

PARANOID IS SPYING

Here's a glimpse at countries that spy on

Canada

In December 2013, the CBC received documents indicating CSEC Canada set up spy posts in 20 countries at the request of the NSA. The Privacy Act and Personal Information Protection and Electronic Documents Act are meant to protect citizens from government and private-sector spying.

U.S.

The Fourth Amendment of the U.S. Constitution gives anyone the right to not be searched without reason. But in 1978, the government enacted the Foreign Intelligence Surveillance Act, which enables the government to spy on those who may pose a threat to national security. It has been repeatedly amended since 9/11.

No one knows for sure

What's legal? What's not?

We may be starting to slowly understand what our governments are really up to these days after NSA whistleblower Edward Snowden began exposing government spying techniques to the world last summer.

But examining the magnitude of the Canadian government's spying efforts on its own people makes it clear there's still a lot we don't know.

"When you look at the totality of what Snowden has revealed, we find that virtually all our communication, it would seem, is captured in some form," said Michael Geist, Canada research chair in Internet and e-commerce law at the University of Ottawa. "It's pretty scary."

What's scarier is the broad interpretation of Canadian laws that don't seem to protect any of our online data.

'World of secrets'



"We are stuck in this world of secrets and

a wilderness of mirrors, not really knowing what is going on or if we should feel comforted or feel deeply troubled or somewhere in between."

Wesley Wark, leading security expert

Sure, there are clear boundaries set for the Canadian Security Intelligence Service (CSIS) and the RCMP, but when it comes to CSEC, the lines begin to blur.

University of Ottawa professor and national security expert Wesley Wark said CSEC has a mandate to collect foreign intelligence for the government of Canada. CSEC doesn't have authority to spy on Canadians, but it's been given what Wark called a "get-out-of-jail-free card" — ministerial approval to "inadvertently collect and retain

It's everywhere



"What we do know is that surveillance

is truly ubiquitous at this point in time."

Michael Geist, University of Ottawa research chair

Canadian communications."

That's apparently what happened with CSEC's large sweep of data at a major Canadian airport.

Some would argue it was a breach of Canadian law, but Wark said CSEC's approval to collect "metadata," which is all the data that surrounds the sending and receiving of communication, including who sent it, who received it, how and when it was sent, creates a loophole.

"That metadata, CSEC says, does not constitute a private communication and therefore it is not protected by the privacy act or any charter rights," he said. "A second argument (is) that they can do metadata even against Canadian communica-

tions, in pursuit of foreign intelligence material and that it's not in breach of law."

That means Facebook conversations, private emails and other personal info can be swept up in the government's massive data bank as quick as you can "like" a photo.

Facebook and other social media sites are in the grey area of the law, said Geist, who told Metro as long as you have some privacy settings on your profile, messages between friends should be protected. While CSEC couldn't legally use the private information against you, it is allowed to "inadvertently" collect all our conversations.

Open sites like Twitter could be interpreted differently. Geist said one of his students was recently stopped by U.S. customs because he tweeted a mathematical formula before his travels. He was let go, but the idea of governments watching our every tweet is "shocking," he said.

TREVOR GREENWAY/METRO IN OTTAWA

A brief history of Snowden

- **June 5, 2013.** Leaked NSA documents are published in the Guardian revealing a U.S. Foreign Intelligence Surveillance Court order forcing Verizon to give up metadata from millions of Americans' phone calls to the FBI and NSA.
- **June 6, 2013.** PowerPoint

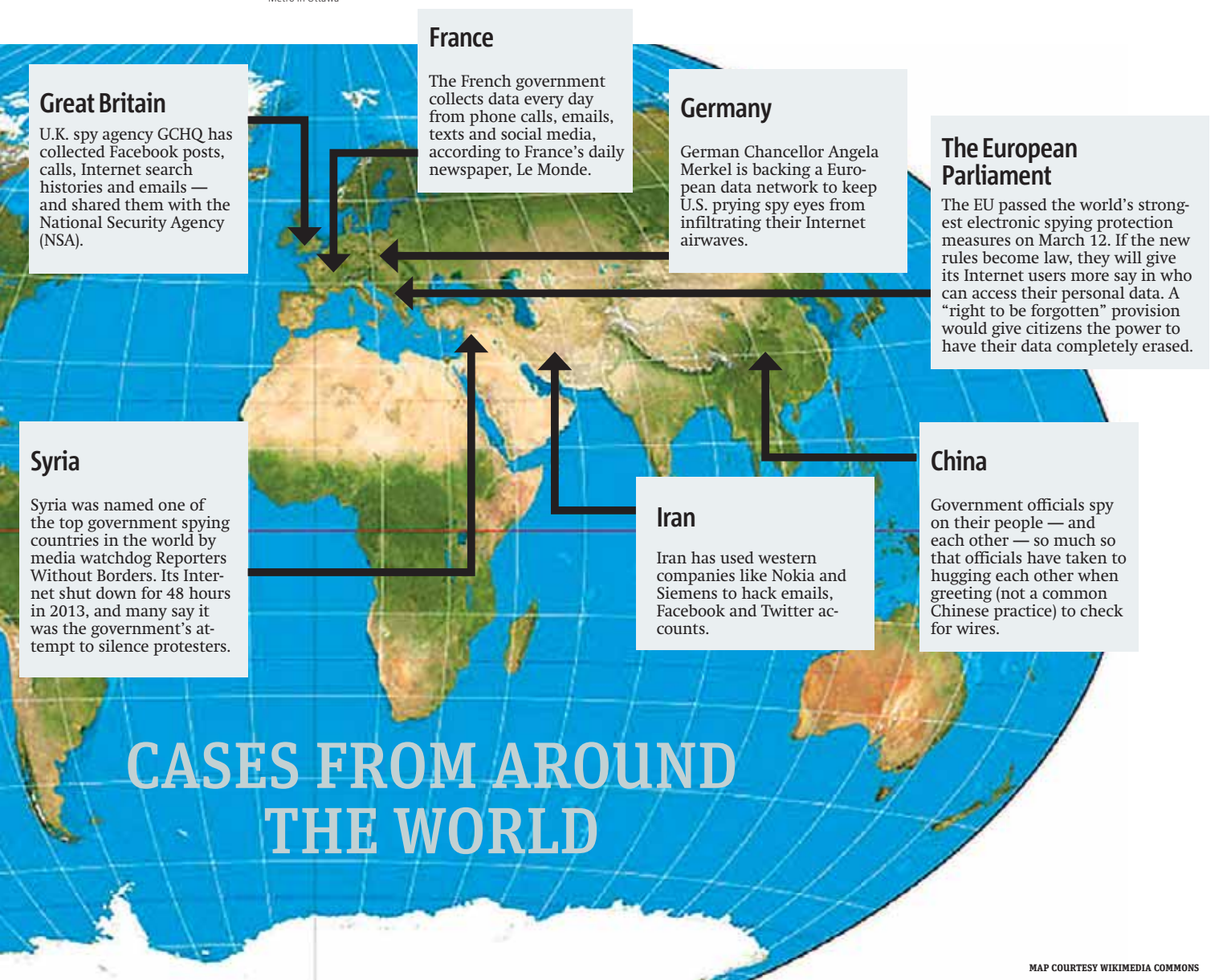
slides emerge from the Washington Post and the Guardian detailing the NSA's access to high-tech company servers including Google and Microsoft through its PRISM program.

- **June 8, 2013.** The Guardian publishes more PowerPoint slides detailing how the NSA's

? NAH, THE GOVERNMENT ON YOU (AND EVERYONE ELSE)

their citizens — and each other — plus worldwide laws and rules-in-the-making that protect citizens from spying

COMPILED BY LUCY SCHOLEY
Metro In Ottawa



Hacking your world: Day 2 of 3

- Who's hacking who? Who's hacking you? Metro looks at the real-life world of virtual break-ins
- Tomorrow: An interview with the interim privacy commissioner, plus more tips to keep you safe

That's apps

Here's what's up-and-coming in apps and software that claim to protect your privacy:



Wickr. This app is like Snapchat, but it claims to not collect user location data. It sends encrypted, self-destructing messages.

- **Telegram Messenger.** According to Verge, this is the "hottest messaging app in the world." Its creators claim the app's encrypted messaging is un-hackable.



- **TextSecure.** This is another encrypted messaging app. However, it also allows users to create encrypted chat groups with others.



- **SpiderOak.** Got photos to store? This app will let you upload encrypted versions to a cloud storage space.



- **Secret Life.** Tailored towards iPhone users, this app secures passwords, photos and contact lists.



tool Boundless Informant gives the spying agency near real-time stats, by country. The paper also revealed the NSA swept up 3 billion pieces of intelligence from U.S. citizens in Feb. 2013 alone.

June 9, 2013. NSA contractor and the man behind the leaks

Edward Snowden reveals himself to the Guardian in a Hong Kong hotel.

- **June 16, 2013.** The Guardian publishes a series of articles detailing how the U.S. and the U.K. spied on foreign leaders and diplomats at the G20 summit in 2009.

- **June 23, 2013.** The U.S. revokes Snowden's passport. He ends up in limbo after Ecuador's President Rafael Correa says he was issued travel documents without U.S. approval. Snowden begins to seek asylum elsewhere.

- **June 25, 2013.** After travel-

ling to Moscow, Russian President Vladimir Putin says Snowden is a "free man" at Sheremetyevo airport and says he is allowed to leave the country.

- **October 2013.** Brazil's Globo Television reports NSA leaks show Canada collects meta-

data about phone calls and emails to and from Brazil's Mines and Energy Ministry.

- **Nov. 27, 2013.** The CBC reports that leaked documents show the NSA conducted widespread surveillance in Canada during 2010 G8 and G20 summits.

Wash. mudslide. Search goes on as weather improves

Floodwaters are receding at the site of a massive mudslide that crushed a rural Washington state community, allowing crews to expand their search and yielding more human remains in areas that previously couldn't be reached.

More than 10 days after a large section of a rain-soaked hill crashed down on a neighbourhood in the small community of Oso, teams with cadaver dogs were still sifting through debris and soil to determine exactly how many people died in the March 22 mudslide. With the rain

Victims

Officials have so far confirmed the deaths of 29 people, although only 22 have been officially identified in information released Wednesday morning by the Snohomish County medical examiner's office. A total of 20 people are missing.

stopped, the floodwaters are receding, which is allowing more crews to switch from water pumping to searching.

THE ASSOCIATED PRESS

Pennsylvania

City asks residents to keep the change

Officials in Millcreek Township, Penn. along with its water and sewer authorities, have adopted a policy limiting how much change they'll accept from residents paying sewer bills and

other fees.

David Sterrett, executive director of the authorities, tells the Erie Times-News that officials came up with the policy after a woman showed up last month with a shoebox full of nickels, dimes and quarters to pay a \$200 sewer bill.

THE ASSOCIATED PRESS

CBSA arrests several members of Lev Tahor



Canada Border Services Agency agents take a member of Lev Tahor into custody in Chatham, Ont., on Wednesday. ASHTON PATTS/BLACKBURN NEWS/THE CANADIAN PRESS

Chatham-Kent.

Members of Jewish sect embroiled in child custody case are arrested over immigration issues

Six members of an ultra-orthodox Jewish sect were arrested Wednesday by the Canada Border Services Agency over suspected immigration issues, their lawyer said.

Some families in the Lev Tahor community are at the centre of an ongoing child custody case, including one family that fled to Guatemala, but it's not clear if the arrests were in any way connected to the case.

One community member listed the names of six people he said were arrested and they were not those involved in the child welfare case.

Chatham-Kent Children's Services co-operated with the CBSA, who arrested Lev Tahor

members "who are believed to be in violation of Canada's immigration policy/laws," Stephen Doig, the children's aid society's executive director wrote in an email.

The people arrested are known to have 28 children, Doig said. Children in cases where both parents in a family have been detained and there is no alternate caregiver are put in care, Doig said, though he did not say how many were in children's aid custody.

The children were all back in the community hours later, being looked after by relatives or alternate caregivers, the group's lawyer, Guidy Mamann said Wednesday evening.

Members of the community told local radio station Blackburn News that those arrested are Israeli citizens and their visas had expired. One member of the community told The Canadian Press some of those arrested were American citizens. THE CANADIAN PRESS

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Stolen Gauguin found in autoworker's kitchen

A Paul Gauguin still life stolen from a wealthy collector's home in Britain has been recovered after hanging for 40 years in a Sicilian autoworker's kitchen.

The worker bought the painting along with one of lesser value by another French artist, Pierre Bonnard, for about \$100 at a legitimate 1975 Italian state railway auction of unclaimed lost items, said Maj. Massimiliano Quagliarella of the paramilitary Carabinieri art theft squad. Italian authorities estimated Wednesday that the still life is worth in a range from \$14 million to \$40 million.

The painting is believed to have "travelled" on a Paris-to-Turin train before the worker purchased it, said Gen. Mariano Mossa. When the autoworker retired to Sicily, the man's son, who studied architecture at university, noticed a telling detail: a dog curled up in the corner. Dogs were sometimes a signature motif for Gauguin's work.

The man's son contacted an art expert to give an evaluation. The expert concluded the work was likely a Gauguin painting, and contacted the Carabinieri.



An Italian officer stands by a Paul Gauguin still life recovered by authorities, during a press conference in Rome, Wednesday. DANIELE LEONE/LA PRESSE/THE ASSOCIATED PRESS

The painting depicts two bowls, brimming with brightly coloured grapes, apples and other pieces of fruit, posed on a table. In black on the canvas is painted "89" — an indication that it was painted in 1889. It now measures 46.5 centimetres by 53 centimetres. That is slightly smaller than the work as Gauguin created it, because the thieves had cut it out of its frame, police said.

The painting will remain in the custody of the art squad

because the police have yet to receive an official notice that it is stolen, Quagliarella said. The art squad traced it using newspaper articles in 1970 reporting the theft of a wealthy London family's collection.

Marinello said there could be a battle for ownership of the recovered paintings. He said the autoworker could have a right to them under Italian law if he could prove he bought them in good faith.

THE ASSOCIATED PRESS

Cheating rises in the Land of the Rising Sun

Japan. Buttoned-up culture gets some lipstick on its collar via adultery website

Ashley Madison, the world's biggest online hookup site for married people, works only when monogamy is the rule on the surface but, deep inside, couples want to cheat. That's why it is scoring big in Japan.

The nation that prides itself on conformity and proper appearances reached a million users in eight and a half months, the fastest pace among any of the 37 countries where the adultery site operates. The previous record was Brazil at 10 months. The U.S., which has the biggest number of users at 13 million, took a year to achieve the one million mark. Spain took nearly two years.

Extramarital sex and affairs are not new to Japan, but a site such as Ashley Madison is "a levelling out of the playing field" for women, said Noel Biderman, chief executive of Avid Life Media Inc., which operates AshleyMadison.com. There is a tradition of wealthy men taking mistresses in Japan and its male dominated society has provided plenty of outlets for married men to find casual sex.

The divorce rate in Japan is relatively low at about



Noel Biderman, chief executive of Avid Life Media Inc., which operates AshleyMadison.com, poses in Tokyo on Tuesday. The slogan written in Japanese reads: "Life is short. Have an affair." THE ASSOCIATED PRESS

For better, for worse?

"The reason people have affairs is that they want to stay married."

Noel Biderman, CEO of Avid Life Media Inc., which operates AshleyMadison.com

two cases per 1,000 people versus four cases in the U.S., although sinking marriages rates in Japan also lower the divorce numbers. In the 1960s, divorces were even rarer, with fewer than one per 1,000 people.

With its slogan, "Life is short. Have an affair," Ashley Madison has drawn nearly 25 million users worldwide since being started in Canada in 2002. It now has 1.07 million users in Japan after

opening here in June last year.

Biderman, who is in a monogamous marriage and has two children, insists the social network is just a tool and no one can force anyone to betray a spouse. A friendly, uninhibited man with quick answers to almost any question about infidelity, he doesn't shy from declaring he would cheat if his marriage were sexually unsatisfying. THE ASSOCIATED PRESS



There's life in the old dog yet

Phyllis, a chihuahua-poodle mix, peers out of her owner Steve Greig's backpack. Greig found the 10-year-old dog, who is blind and weak and has lost all her hair to an infection, on Susie's Senior Dogs, a popular Facebook page that tells stories about pooches past their prime that need loving homes. The page, named by founder Erin O'Sullivan after her boyfriend's teenage chihuahua, has tapped into a wellspring of animal lovers seeking calmer, well-trained dogs or those wanting to care for pets in their twilight years. Shelters will ask O'Sullivan to help place older dogs that aren't as sought-after as puppies. STEVE GREIG/THE ASSOCIATED PRESS

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LOSING IS WINNING IN COMEDY

I recently returned to the site where I died. It's also the place I killed one night. And it's definitely one of the places where I've felt most alive.

It was a comedy club.

I used to go to comedy school, which was just like regular school except for small differences like A) working hard meant going to bars five nights a week and B) students complained about such hardships as a three-hour gap between sketch class and improv class. (I'm not making that up.)

Stand-up comedy was (and is) part of the curriculum, so I was at a Yuk Yuk's to adjudicate students doing their final performances. The stand-up teacher selected me because I met two important criteria: I had the requisite skills to mark a score out of 10 on a piece of paper, and I had a working email address.

Was I any good at stand-up? Of course. Unless you're judging on the narrow criteria of, "Was I funny?" in which



HE SAYS

John Mazerolle

metronews.ca

case, no, I wasn't good at it.

In two years of stand-up I had exactly one night where everything went just right. If you had stumbled in on that night, you might have imagined I knew what I was doing. Even a stopped clock is right twice a day, and this '80s-raised comic was a VCR clock flashing 12:00 when midnight rolled around.

But beyond that happy coincidence, I usually just survived my seven minutes.

I had two jokes that were adequate ...

"I like Stephen Harper. Finally someone who's tough on the arts," and, "Do you know what we call black people back in New Brunswick? We call him Daryl. Because that's his name."

... but it's hard to fill 10 minutes with those, even with an amusing stammer and a bunch of knowing glances. Often I over-rehearsed the set so much I would have failed a Turing test.

Long monologue short, I didn't have a great time doing stand up. But yet when I was back in the club I realized I missed it.

Watching the students reminded me how comedy can make the usual pecking order irrelevant and reward people who are comfortable with their place in the world, no matter where that is.

This crowd loved the overweight awkward guy who revelled in being the overweight awkward guy, but recoiled instinctively from the "cool" broad-shouldered guy whose set could have been shortened to, "Vaginas and other cultures. Pretty scary, am I right?"

I also remembered how much the performers help each other out, how exciting it can be to look out at a full house, and — this is harder to remember than you'd think — how fun it is to entertain people.

But these thoughts are way too sappy for a column about the cynical world of stand-up.

So, speaking of sappy, let me tell you my can't-fail joke about New Brunswick!

Stop me if you've heard this one.

ZOOM

They look kind of trashy



ARIEL SCHALIT/THE ASSOCIATED PRESS

A thousand people wearing garbage turn up in Israel

The Trash People, an art exhibit of life-size figures made from 20 tons of recycled iron, glass, computer parts, cans and industrial waste, stands on Israel's Hiriya landfill near

Tel Aviv on Wednesday. Trash People by German artist HA Schult, has been traveling for 18 years around the world, with stops in Paris's La Defense, Moscow's Red Square, the Great Wall of China, Egypt's Pyramids in Giza, Piazza del Popolo in Rome, Antarctica and now in Israel until April 26.

THE ASSOCIATED PRESS

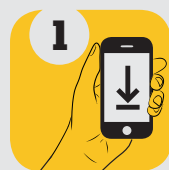
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"We produce trash, are born from trash, and will turn back into trash."

Famous quote by the artist of the Trash People, HA Schult

METRO AUGMENTED REALITY

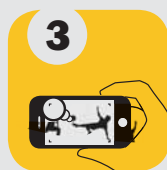
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MetroTube

If the suspense doesn't kill you...



ANDREW
FIFIELD
metronews.ca

Russia may not be the most popular topic in Ukraine right now, but British adventurer and general wing nut James Kingston (@JamesLKingston) is keeping the country's pastime of brazenly scaling high structures alive by tackling Kyiv's Moscow Bridge — which, come to think of it, may also be due for a name change in the coming weeks. Of course, this isn't your standard structure-climbing clip. This is a man on an even crazier mission.



YOUTUBE/SCREENGRAB

Dine in the dark and Meaet new people at this blindfolded meal

NextGen. At this entrepreneurial event, the audience votes for project ideas and the winner gets a share of ticket sales



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Jennifer Laraway
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Some things are better in the dark. When your sight is gone, other senses can become heightened: aromas are more powerful, hearing is more sharp, while taste and touch become more sensitive. It occurred to the NextGen group, who put on the regular Meaet (pronounced meet) events that this combination was the perfect recipe for a successful and unconventional get together.

NextGen (a City of Edmonton initiative) brings Edmontonians together over a meal to help promote local entrepreneurial and philanthropic ambitions. Presenters are invited to

share their ideas, the audience votes for their favourite, and the winner takes a portion of ticket sales to jump start their project.

Priding themselves on offering never before experienced events, NextGen decided to bring a new dining trend to Edmonton when creating tonight's event. Aptly named Dark Meaet, guests will be blindfolded for the meet-up dining experience. Not only is that designed to arouse the palate, but organizers hope it enhances the audience's engagement with the presenters. Being blindfolded means guests will have to listen intently to the five-minute pitches to determine which presenter most deserves a portion of their \$25 admission.

"The idea has always been micro-funding in a way that everyday Edmontonians can afford. This isn't a \$100 black-tie event," says organizer Eugene Chen. "We hope to make the event more sustainable. So far, it has been funded by NextGen, and our goal is to get it to run with independent resources. So, we are looking to make these events unique and quite exceptional in terms of the experience people get."

While it was a challenge to find a chef and venue that would go along with the idea of a dark dinner, the confidence organizers have in the event concept helped pull everything together. In the process, the blindfolds have come to represent more than an accessory for tonight's ex-



Edmonton's first blindfolded Meaet meal takes place tonight at Latitude 53. COURTESY NEXTGEN

perience — they have acted as a promotional prop and made various spontaneous appearances on prominent

art around the city to create buzz about the event and another worthwhile cause being featured: the

Canadian Institute for the Blind. The meet-up starts at 6 p.m. at Latitude 53 Gallery (10248 106 St.).

Check it out

- Tickets include a three course meal and gallery admission.
- \$10 of each sale goes to the winning pitch.
- More information and tickets on meaet.com.



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2 SCENE

Sophie Turner warns there's more misery ahead for lovely Sansa Stark

'I'm a broken woman.'

Loras, Lannisters, and lemon cakes: Demure Sansa has had it tough in the Game of Thrones



ROMINA MCGUINNESS
Metro World News in London

After giving fans time to grieve for those who were brutally slain at the end of season three, Game of Thrones is back. Sophie Turner, who plays Sansa Stark, tells Metro to expect more of the same blood, trauma and lies as the fight for the Iron Throne continues.

You're a Lannister now. How does that feel?

Sansa Lannister... great.

Really?

No! It's fun for me because I get to spend more time with Peter (Dinklage), but for Sansa it kind of sucks because these are the people who killed her father.

Do you think the name will have an impact on who she is?

She very much knows who she is. She's seen as being weak and vulnerable but at the end of the day, if she didn't please people, she'd have her head cut off.

Have you read all the books?

I only read my chapters. I flick through the books and



Sophie Turner plays Sansa Stark on the fantasy TV hit, Game of Thrones. GETTY IMAGES

mark them down. The third one is a really difficult read. Have you read it?

No...

I don't blame you. The writing is tiny. I'm always Wikipedia-ing it to get a sense of what's going to happen. More misery, that's

what's going to happen.

Sansa looks so depressed. Does that not make you sad?

At first I couldn't really master how to cry and draw that emotion, so I just used my personal life. My grandma was really ill at the time and

so I started thinking about her, but it just got me really down. And then I realized that you actually have to act and pretend you're in the situation.

So how do you do it now if you can't think of your grandma?

Her story is so sad that every time something shitty happens I feel like crying anyway. I'm a broken woman.

What would she need to genuinely belly laugh?

Someone should fart because that's undeniably funny. If Joffrey farted on the Iron

Throne.

Is Joffrey a good kisser at least?

I guess — he wasn't bad! I was 14 when it happened. It was an innocent peck. I'll let you know when I have a full-blown snog.

Who'd you want that to be with?

There are a lot of fine young men on the show. I think Sansa would like to kiss Loras Tyrell, but he's gay. She wants some affection even if it is gay affection.

Did you know there was a GOT cookbook?

What would people want to cook? Ew.

The lemon cake recipe — Sansa's favourite — is really popular.

I hate them. And last season I was eating lemon cakes in this one scene and we had to do 10 setups. I counted and I ate just over 50 cakes. Mini ones, but I felt so fat and I hate them. So annoying.

Who deserves to sit on the Iron Throne?

Daenerys is desperate for this. Or Jon Snow, he's gone through a lot. Or maybe Sansa because she was supposed to get it in the first place, but turns out Joffrey is a psychopath.

Tune in

Game of Thrones Season 4
premieres Sunday at 9 p.m.
ET/MT on HBO Canada

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Left, Tessanne Chin and Celine Dion sing Love Can Move Mountains during the season 5 finale of The Voice on Dec. 18. Right, the singer poses at the Ritz-Carlton hotel during a recent stop in Toronto. TYLER GOLDEN/NBC; CHRIS SO/TORSTAR NEWS SERVICE



Tessanne Chin won't be ruled by record sales

Timeless quality. The Voice's season 5 winner aims to make music that doesn't need to be constantly hyped

The path from TV talent show winner to recording star can be a fraught one, but Tessanne Chin won't let it rattle her.

"I look at people like Kelly Clarkson and Carrie Underwood; it was not an overnight thing," she told Torstar News Service at the Ritz-Carlton hotel in Toronto, where she received a Luminary Award at the weekend University of the West Indies benefit gala.

"I am not going to take on that pressure of, 'Oh, is she going to be the one?' If I can wake up and do what I'm doing and be happy, put food on my table and make you happy by doing it, that's success to

me. I'm not going to measure it in just sales. I can't."

Since winning season five of NBC's The Voice in December, Chin has focused most of her attention on her new album, tentatively scheduled for a May 27 release via Universal Republic Records.

Six seasons in (season 6 is airing now on NBC and CTV Two), The Voice has yet to produce a star of the magnitude of Clarkson or Underwood, both contestants on Fox's American Idol.

Three of the first four Idol winners, Clarkson (2002), Fantasia (2004) and Underwood (2005), have combined for more than 30 million in album sales and 10 Grammys since appearing on the talent show.

Among Voice winners, Season 3 victor Cassadee Pope found the most success, with her 2013 single Wasting All These Tears certified platinum

by the Recording Industry Association of America in mid-March.

Voice champs have generally had modest album sales. Pope's debut, Frame by Frame, scored more than 168,000 sales, according to Nielsen Soundscan, while season four winner Danielle Bradbery's self-titled album sold more than 126,000 copies.

Chin, 29, said she's taking her time with her record.

"Of course, there's momentum and we want to capitalize on it, but I'm not about to rush this and give my fans and people that have waited so long just something that I've thrown together. I want to give them something that's me," she said.

The record features production by Grammy-winning songwriter Diane Warren; Toby Gad, who's worked with Beyoncé; R&B duo Rock City, who've written for Rihanna;

Claude Kelly (Britney Spears, Kelly Clarkson) and OneRepublic frontman Ryan Tedder, who produced Chin's post-Voice single, Tumbling Down.

Chin says the album will have "an island swag," including reggae elements, and a variety that reflects her personality.

In her native Jamaica, Chin was one of many singers, including Elaine Laughton, Romain Virgo and Tarrus Riley, who are well-respected but play second fiddle to dancehall artists in popularity.

Chin's most popular song in Jamaica, the reggae-inflected Hideaway, was the only pre-Voice single played regularly on local radio. Her independently released album In Between Words went largely unnoticed in 2010.

"I'm not bitter. At the end of the day, they have to provide for what the demand is," Chin said.

Quoted

"If I can wake up and do what I'm doing and be happy, put food on my table, and make you happy by doing it, that's success to me."

Tessanne Chin on her approach to making music

"Dancehall is king, there's not a lot of room for singers there. I can work my butt off and create an album that's wonderful, but if it's never played and never given the outlet it won't succeed. It's a rhythm-based country. No one is doing original stuff anymore and I think that hurts us."

Chin hopes performers of all types will get equal airplay in Jamaica and be taken seriously.

"I'm seeing how people react to the legends we take for granted sometimes: Toots Hibbert, Jimmy Cliff, Third World, Beres Hammond," she

said. "People camp out and sleep in tents to listen to our people, so we should realize what we have."

Chin wants to make music that not only connects to people now but long after she passes.

"A great song is one that is around even when I'm not," she said. "I can put in Bob Marley's music now and it's still relevant. I want to make the music that people remember and it doesn't need a trend, it doesn't need to be constantly hyped. There's no time period for it. That's the type of music I want to make."

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NERAAnimal Planet unleashes
some wild new programs**Critter-ly acclaimed TV.** Subjects of new series range from badly behaved dogs to intrepid bounty hunters

Animal Planet is set to officially unleash the channel's programming for the coming year. Its stable of stars will range from puppies and kitties to killer whales, endangered rhinos and a family of snow wolves.

Animal Planet is bringing back a number of established series including "Finding Bigfoot," "My Cat From Hell," "Pit Bulls & Parolees," "River Monsters" and "Treehouse Masters."

For a third year, the channel will celebrate the globe's (and your neighbourhood's) most fearsome creatures during its popular Monster Week event. And, of course, Puppy Bowl XI will provide a canine alternative to pigskin next Super Bowl Sunday.

New series to be announced include:

- **Deadly Islands:** Large predator expert Dave Salmoni visits some of the world's most remote islands to investigate how their native inhabitants have been successful at surviving some of Mother Na-

ture's fiercest predators.

- **Ice Lake Rebels:** A handful of survivalists hunt for food, drill for water, trade for necessities and guard their turf far off the grid on a lawless frozen body of water in the Northwest Territories.

- **Redwood Kings:** Twin brothers Ron and John Daniels (and their 40-person crew) create works of art from ancient, reclaimed redwood trees. Their projects include a rustic roadside mall and a 22-room, interactive theme-park experience at San Francisco's Fisherman's Wharf.

- **Rocky Mountain Bounty Hunters:** Fugitive retrieval agents go in hot pursuit of armed and unpredictable outlaws who have skipped bail, preferring the treacherous terrain of the Rocky Mountains to facing justice behind bars.

- **My Tiny Terror:** Small dog trainer Jacqueline Wilson goes nose-to-snout with some of the naughtiest and tiniest dogs as they cause mayhem in their owners' homes.

Among the specials on tap: "Revenge of the Whale" is a two-hour dramatic film starring Martin Sheen, who, as Old Thomas Nickerson, relates a tale of his life as a cabin boy on the ill-fated voyage of a whaling ship, an adventure presaging Herman Melville's

"Moby Dick."

Other specials find polar explorer Eric Larsen embarking on a 49-day adventure across the ice to the North Pole on "Last North" and writer-photographer Levison Wood "Walking the Nile" on a 4,250-mile trek to become the first person to successfully walk the entire length of the Nile River, through rainforest, desert, savannah and swamp.

And on yet another special, former NBA basketball star Yao Ming sets off to help save Africa's elephants and rhinos from extinction by changing a 1,000-year-old Chinese tradition and ending the trade of illegal ivory and rhino horn in his native China. This project is a Discovery Global initiative that works with him and the WildAid organization to expose the workings of this multimillion-dollar underground trade.

Kaplan says Animal Planet finished 2013 as the 16th-ranking network for men and secured a top-10 network spot for three weeks during the year, its best ever.

"In every show," she says, "we're looking for ways to make you feel the physical world, to bring out in us the thing that's our deepest kind of humanity - our connection to ourselves."

THE ASSOCIATED PRESS



Basketball player Yao Ming with a baby elephant. Ming will star in an Animal Planet special about the ivory trade this fall. ANIMAL PLANET

together.



Actor Billy Bob Thornton as Lorne Malvo is shown in a scene from the new television show Fargo. MATTHIAS CLAMER/FX

TV series brings Fargo from the '80s to the aughts

Coen brothers. The darkly humorous television adaptation, filmed in and around Calgary, promises to be an "expansion of the Fargo universe"

The presence of a wood chipper cannot be confirmed or denied.

But cast members of the new Fargo television series say there's much that will feel familiar to fans of the 1996 Coen brothers' film that inspired it.

"It's definitely the same tone and the same vibe as the Coen brothers," actor Billy Bob Thornton said on a recent shoot in Calgary. Thornton plays a mysterious drifter named Lorne Malvo, who brings mayhem to the town of Bemidji, Minn. — but in a subtle and quiet way.

"He's not a typical bad guy who runs around yelling at people and saying, 'Get in the trunk now.' It's none of that," said Thornton.

"One of the things that I enjoy about it is that somewhere down there in that alligator of a soul that he's got, he enjoys manipulating people. He likes to mess with people a little bit."

FX Networks tapped Noah Hawley to write Fargo for TV. It was taped in and around Calgary. In an interview, Hawley, the showrunner for Fargo, said he was essentially told: "We want to do the movie without anything from the movie in it."

He says he was eager to take on the challenge.

"What made that movie that movie?" said Hawley, who is also a novelist and composer.

"The one thing you'll never find in a Coen brothers movie is melodrama. There's nothing sentimental or emotionally manipulative. There's a dryness to it both on the comedic and the dramatic side. And those elements were very interesting to me."

Ethan and Joel Coen were executive producers for the series but had a hands-off ap-

proach to it creatively, said Hawley.

The plot and the characters in the show are totally different from the film. It's also set in the mid-aughts, not the mid-'80s as the movie was.

But it has much in common with the original work: the wide shots of bleak snow-covered prairie, the dark humour, the violence. And, of course, the distinctive accents.

"Easter eggs" — subtle allusions to Fargo and other Coen brothers films — are scattered throughout the show, star Colin Hanks said.

"The way I'd describe it is it's just an expansion of the Fargo universe." **THE CANADIAN PRESS**

Can't-miss TV

Fargo airs Tuesday at 10 p.m. in Canada on the new specialty channel FXX starting April 15. The first episode will also be shown on FX Canada.

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MARTIN SIXSMITH

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THIS WEEK

WEEKS ON LIST

1. **Be Careful What You Wish For** JEFFREY ARCHER 4
2. **Heaven Is For Real** TODD BURPO 5
3. **Uganda Be Kidding Me** CHELSEA HANDLER 5
4. **Missing You** HARLAN COBEN 3
5. **Shadow Spell** NORA ROBERTS 2
6. **Power Play** DANIELLE STEEL 4
7. **Wish You Happy Forever** JENNY BOWEN 4
8. **The Hotel On Place Vendome** TILAR J. MAZZEO 4
9. **Up Up & Away** JONAH KERI 2
10. **Philomena** MARTIN SIXSMITH 1
11. **Robert Ludlum's The Janson Option** PAUL GARRISON 3
12. **Overwhelmed** BRIGID SCHULTE 3
13. **Paris** EDWARD RUTHERFURD 1
14. **Frog Music** EMMA DONOGHUE 2
15. **The Hungry Girl Diet** LISA LILLIEN 1
16. **NYPD Red 2** JAMES PATTERSON 1
17. **Exodus** DEBORAH FELDMAN 2
18. **Listen To The Squawking Chicken** ELAINE LUI 1
19. **Whiskey Beach** NORA ROBERTS 1
20. **Million Dollar Arm** J. B. BERNSTEIN 1

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Making his way to the island of Madagascar

Fulfilling film dreams.

Canadian director David Douglas always dreamed of making a movie on the legendary island



RICHARD CROUSE
scene@metronews.ca

David Douglas, the veteran wildlife filmmaker behind the new IMAX film *Madagascar: Island of Lemurs*, has dreamed of making a film on the island country in the Indian Ocean for 30 years.

He calls it a "remote and mythic place," but adds: "In wildlife filmmaking, everybody wants to go there and do it, but you never can."

Three things convinced the Canadian director to take

Quoted

"The mouse lemurs are the smallest primate on earth and up until humans got the last ones, there were really big lemurs on Madagascar — much bigger than a human being."

David Douglas on lemurs

a chance and travel there "to figure out how to make the movie."

First was the story of primatologist Dr. Patricia Wright. Douglas came across her while researching another film, but was taken with her efforts to protect Madagascar's lemurs, whose numbers are shrinking to alarming levels.

Around since the time of the dinosaurs, the big-eyed creatures arrived on the island as castaways from Africa and have now evolved into hundreds of species.

Douglas wanted to shine a light on Wright's efforts to protect the lemur's delicate eco-

system and raise awareness of their plight.

The second thing was a technological advancement.

"The normal situation in wildlife filmmaking is you have film stock, this resource that costs money and it runs through the camera in a certain amount of time," he says.

"It can't be any longer. You have to reload it. So you have to spend a lot of your life trying to put yourself in the position of accurately predicting what an animal is going to do in the future because you want to have your camera running while it's happening.

"That is the foundation of all of your planning and



Island of Lemurs director David Douglas visits the lemurs at the Toronto Zoo. GEORGE PIMENTEL/WARNER

everything you do. That's why you never see whales coming out of the water (in movies), you always see them falling back in."

New IMAX equipment developed for this film allowed him to shoot digitally on cameras with lots of memory.

"The camera is always on and all we do is turn it off when we like what we got."

The third draw was, of

course, the lemurs themselves.

"They are spectacular looking. They look like a pile of toys in your kid's closet because they're all different, but they're all sort of similar."

The first things you notice about them are their prominent eyes.

"Their eyes are radically different colours for the different species," says Douglas. "They

have every colour of the rainbow of eyes."

"Then there is the range of physical sizes. The mouse lemurs are the smallest primate on earth and up until humans got the last ones, there were really big lemurs on Madagascar — much bigger than a human being.

"Gosh, they're fascinating animals," he says with a hint of wonder in his voice.

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Lindsay Lohan. ALL PHOTOS: GETTY IMAGES

Living la vida Lohan: Lindsay blows through Oprah payday in a year

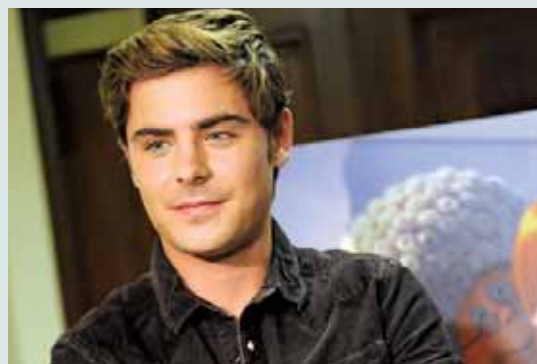
Despite Lindsay Lohan's impressive \$2-million US payday for her Oprah Winfrey-produced reality series, the troubled starlet is reportedly flat broke again. "Only Lindsay could get paid such a large paycheck and once again be in dire financial straits," a source tells Radar Online. "After Lindsay's manager, agent, publicist (and taxes) were paid, she was left with \$750,000." Which for most people would be great, but Lohan is not most people. "This was last year, and Lindsay

never been able to save any money in her life," the source explains, adding that Lohan "blows through money faster than she earns it." Evidence of her money woes seemed to pop up over the week-end when two of Lohan's credit cards were reportedly declined when she attempted to pay for \$300 worth of merchandise at a Soho boutique, according to Page Six. "She looked really embarrassed and tried to negotiate before her friend finally stepped in and paid," a source says.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Somebody needs to stage an intervention for Zac Efron

MELINDA
TAUB

Metro World News in New York

Zac Efron needs help super fast before we all relive what happened to Cory Monteith. Last November, Efron allegedly "slipped on a puddle of water" which was "in his home" and broke his jaw so badly it had to be wired shut.

Shady as hell? Yes. And now an insider has told In Touch what we've assumed all along: That he hurt himself doing the bad stuff. "He does drugs alone," the inside source exclusively tells the

mag. "It's sad."

A second insider tells In Touch. "He needs to get help before it's too late."

The time is ticking down to "too late." As we reported last week, Efron had another shady-as-hell altercation recently with his "bodyguard" and some homeless men after Efron's car "ran out of gas" near Skid Row in Los Angeles.

For some reason, Efron "threw a bottle out of the car," which scared some homeless people milling around. Tensions between the group and Efron's camp escalated, with the High School Musical star reportedly taking a punch to the mouth. Right. That sounds exactly like something that would happen to anybody anywhere and not a drug deal gone bad. Exactly.

Twitter



@WhitneyCummings

You had me at "polyamorous"



@MichaelChiklis

Now a volcano has just erupted in Peru? WTF is going on here?



@MarkDuplass

I wonder what Star Wars would have been like with Bill Murray as Han Solo.



Kaley Cuoco-Sweeting

Loving Superman came with a price for Big Bang star

Watch what you say about Big Bang Theory star Kaley Cuoco-Sweeting online, because she's probably reading it. "I'm obsessed. I openly admit to being totally insane about that," she tells Cosmopolitan magazine about checking up on what people write about her on-line. "I started reading (the comments) and thought, 'Maybe I need to make more of an effort and not go out in

my UGGs and be disgusting.' So I started putting on makeup, and they started writing, 'Wow, someone really likes being in front of the camera' and, 'Her hair's done now for coffee.' I couldn't do anything right." The recently married actress admits, though, that she's had a lot more material through which to browse since she briefly dated Man of Steel star Henry Cavill last year. "I had no one following me until I met Superman," she says. "I've been in this business for 20 years, and my whole life I could go anywhere, do anything. There had not been on paparazzi photo of me until, like, several months ago."

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3

PLUS
HOMES

Modelling the (im)possible ideal

Lily of the virtue.

Impossible.com is the online gift economy that encourages people to give and receive for nothing more than a thank you. Model Lily Cole's social mission shows why the best things in life come for free.

RICHARD
PECKETT
Metro World News

"I'm going to start calling it possible, it sounds so much better," chuckles Lily Cole on her gift economy website and app Impossible.com. In a capitalist culture where cash and consumerism are king, the doll-faced model's objective of a gift exchange seems like the romantic notion of a naïve and innocent idealist. However, with the backing of Kwame Ferreira (founder of global innovation company Kwamecorp), Wikipedia founder Jimmy Wales and inventor of the World Wide Web Tim Berners-Lee, it's far from just being a concept that should be left percolating amongst the beanbags of a blue-sky think tank. It's a platform for humanism and altruism where wishes are posted and granted by like-minded individuals. The only currency is generosity and gratitude. The former Vogue cover girl, who graduated with a double first class in history of art from Cambridge in 2011, doesn't intend to take a salary from the social network, explaining, "This is my gift that I want to live outside of me."

Did you create Impossible.com in response to the recession?

It wasn't a specific reaction to that. But the conversation back in 2010 that coined the idea with a friend [Kate Tomlinson], who now works on the project, was in relation to the recession and more philosophically about why it is that when there is any recession, society is paralyzed as a consequence of economic paralysis. Because if you think about it, everyone has skills, time, resources, there is no intuitive reason why society couldn't continue to organize itself. We've become almost slaves



"The whole point of Impossible is about value, not money," says Lily Cole, seen here with Vivienne Westwood.
CONTRIBUTED

Model by the numbers

- 14 The age that she was first scouted and later signed to Storm Models.
- 16 She became the youngest model to appear on a Vogue cover.
- 12 million is the estimated net worth of the model.
- 6 is the number of titles that

she holds, including model, actress, environmentalist, activist, entrepreneur and CEO. But she prefers human.

- 22 is the number of charities that she supports such as Sky Rainforest Rescue, Elton John AIDS Foundation and Greenpeace.

to the structure we created, forgetting that we created it [laughs].

Do you believe that humans are innately good?

Yeah, I do and people have proven me right so far...

Are you trying to celebrate positive human actions?

There's definitely a celebration element to it. I was interested in the analogy between current ideas of online social reputation

that most social networks like eBay and [taxi firm] Uber have with classical gift economies: the idea of social reputation being a big part of the equation. I'm not shy of that and I think that's a great thing when we celebrate each other's generosity. That said, it's not the principle motivator. If anything, it's a kind of currency of sorts to try and encourage the principle reason for the platform, which is the actual actions.

Why are you steering clear of a rating system?

I think it works very well with transactional relationships. But what we're trying to do is so non-transactional and I just felt that a rating system would

dehumanize it.

What's the most altruistic action you've performed?
I'm not a perfectly altruistic person at all. What I try to do is grow as a human. If I'm not kind, or do something wrong, I check myself. It's the intention to work on myself continually.

Have you personally helped anyone on the site?

I've helped quite a few people. The one that I enjoyed most was with a boy who wanted to practise his English. I noticed that he was in Manchester, a place where I was soon visiting, so I said I could meet him in person rather than over the phone. Then I saw that on one of his other wishes he'd wished that someone would help the homeless guy on the end of his street. We had a chat in English about this guy and I ended up getting a tent for the homeless man. I feel a bit self-conscious saying this, but the situation was quite magical — it went round in a nice big circle.

Do you stay in touch with the people that you help or is it very much one action and then move on?

I've met quite a few that I've stayed in touch with. A big part of the gift economy is that when someone does something for you for free, a subtle relationship is made. I can feel a community growing around me.

You've been the face of many fashion brands. Did you have concerns about what you were endorsing?

Yeah, that's why I've taken a different path. I started in fashion when I was 14, and it gave me so many options than I'd ever had before, but I was always a little conflicted about it. I was always questioning how consumeristic our society can be and how advertising works. I was looking at all these paradigms and feeling very much a big part of this machine.

Are you greatly concerned about the ethical side of consumerism?

It worries me on a macro scale because we never really know the stories behind products. Take this bag, I have no idea what this came from, how the animal was treated or who sewed it up and what the dye did to the environment. I would love to see transparency across the board.

Got clutter? Think inside the box

Tidy tips. Using an organizational system can help keep you on top of excess items

Disorganized and cluttered homes are often the result of busy lives, but tackling the stuff in a home is an important step in freeing a space of disorder while relieving stress for its owner.

Maggie Megenbir, Victoria professional organizer, says clutter is unnecessary weight in a space.

"They are things that weigh people down," says Megenbir. "Clutter is stuff that doesn't contribute to the life that we want for ourselves."

The stuff that accumulates in a home can contribute to both physical and mental clutter, says Megenbir.

"I hear from my clients over and over, when they clear physical clutter, they feel much more clear in their mind," she says. "It clears up the mental clutter and has an internal impact for them."

Develop a system

According to Megenbir, homeowners lead such busy lives that they often become overwhelmed and just don't have the time to stay on top of the contents of their homes.

Developing effective organization systems for a home is key to keeping a handle on clutter.

"They need to work well for the person who is using them," says Megenbir. "The systems also need to be easy to use, and just make sense in general."

Store items where they're used

Storing items near where they

are used is an important way to battle clutter. Megenbir says if a homeowner is using a blender, but has to go down the hall to put it away in a closet or pantry, it is more likely to stay on the counter.

"If the blender is stored in a cupboard right near where it is most often used, then it is easy to just put it away," she says.

Get unstuck

A Calgary professional organizer says homeowners come up with many reasons to avoid the task of organizing and purging excess items.

"People get stuck," says Paula Blundell. "People get overwhelmed and can't make a decision about getting rid of something. They come up with all sorts of reasons for keeping items."

Have a vision

Blundell says homeowners should keep an item if it is something they absolutely love, and if it fits the vision they have for their life and home.

"If you walk into your master bedroom, the first question to ask yourself is what vision do you have for the space? How do I want it to feel?" she says.

"If the answer is, 'I want this space to be sacred and calm,' then your kids' toys and your laptop probably shouldn't be in that space."

What it costs doesn't count

While Blundell has heard many good reasons for keeping items, she has also heard several bad ones, the most common being: "I paid so much for that."

"That is not a good reason, because it is just a cost. You've



The name of the game: Effective systems like labelling can help avoid clutter. MAGGIE MEGENBIR, HANDOUT/THE CANADIAN PRESS

already spent the money and you're not getting it back," she says.

Get rid of guilt, too

Many people also keep unwanted items out of obligation or guilt, and Blundell says the person who gave the gift would be happier knowing it's not a burden in their life.

Once the decision has been made to start organizing and purging clutter, the most important step is to be prepared.

Start small

Blundell says a homeowner should schedule it in their week, and start small. Dealing with a cupboard, drawer or half a closet will give a homeowner a sense of accomplishment rather than making them feel discouraged.

Don't be afraid to ask for help.

"Everything you own has some sort of story or meaning in your life," says Blundell. "When you bring in an outside third party like a friend to help you clean up, they are able to see stuff as just stuff, and can make decisions of what to get rid of much easier." THE CANADIAN PRESS



Don't be afraid to ask for help

"When you bring in an outside third party like a friend to help you clean up, they are able to see stuff as just stuff, and can make decisions of what to get rid of much easier." Paula Blundell, a professional organizer in Calgary



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Get fresh with your living room

DIY. 4 simple solutions to make your living space spring to life

Lack of colour, outdated decor and overall disconnection can hold a living room back from its full potential. Bring your living space back to life to represent your unique style and needs. With spring in the air, consider a radiant revival by adding a touch of trend into the heart of your home with a few easy DIY tips.

Cue the hue

Make your walls the star of your living space with an accent wall. There are many options with accent walls such as using bold colours, wall paper prints, and different textures. It's usually best to choose a print or colour that picks up other colours in the room, and to choose a wall that you want to draw attention to. Who knew incorporating colour could be so easy?

Rug remedy

Don't let confusing floor options cramp your style, instead use an area rug to accent your living room. An area rug can draw the eye in the direction you want to highlight, such as an entertainment area or a fireplace. Consider upgrading a basic rug by adding a design using fabric spray paint and a plywood stencil to make a bold statement. A stylish rug can be a simple fix for a disconnected living space while also adding a cosy, comfortable feel.

Curtain call

Shed light on your living space by giving your windows a vibrant treatment.

Curtains are a great way to play with different textures in your living room and can easily be changed to suit your needs, seasons, and interior trends. Sheer materials are a great option because they let in the perfect amount of light while providing a lavish atmosphere.

If you currently have a curtain rod installed, consider a simple DIY embellishment by spray painting it metallic gold or silver.

Daring decor

Dress your living room in daring designs with out-of-the-box patterns and bold colours. Throw pillows are a great option to consider if your living room is lacking those essential finishing touches. Pillows allow you to experiment with patterns, colour schemes and textures without committing to a complete design overhaul. You can make your own throw pillows using no-sew options such as fabric glue or iron-on adhesive.

House Crashers

- For more inspiration on how to update your home, tune into House Crashers on Wednesdays at 9 p.m. ET/PT on DIY Network Canada.



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It's easy being green with DIY laundry cleaners



Homemade dryer balls reduce drying time, static cling and wrinkles.
SHERRI GRIFFIN/ THE ASSOCIATED PRESS

Homemade. Mix a few simple ingredients to create your own detergent, fabric softener and dryer balls

It's convenient to pick up some laundry detergent at the store, but it's not difficult to create your own.

Soap and water are a time-tested duo against dirt and germs, and homemade cleaners can carry away grime without added chemicals or perfumes.

All it takes is a few simple ingredients to make laundry detergent — liquid or powder — and fabric softener. Then cut down on drying time and static cling by tumbling wet clothes with homemade dryer balls.

Faith Goguen Rodgers' switch to homemade cleaners began a few years ago after she used a commercial-brand cleaner on the bathtub.

"I'd cleaned it, and then I really didn't want to get in it. The bleach smell and feel — it didn't feel good," she says.

"Then when I had kids, it didn't make sense at all. It feels a lot safer knowing what's in my cleaners."

Rodgers is an herbalist with three young children who creates all the cleaners she uses in her Lafayette, Colo., home — even the toothpaste. While the health piece is "really big" for her, she's also motivated by cost.

"You save a ton of money making your own," she says,

especially if you buy ingredients in bulk.

Homemade cleaners, particularly laundry soap, lack much odour, but a pretty scent can be added with essential oils.

"You and your family can get creative and come up with your own signature laundry scent," Rodgers writes on The Little Herbal blog.

Her favourite combinations of essential oils for laundry detergent include lemon and eucalyptus, orange and geranium, and grapefruit and lavender.

Sherri Griffin's foray into homemade laundry soap began when she got a rash and wanted something gentler than store-bought laundry detergent. She started researching alternatives, and recommends checking out what's in commercially made products on the Environmental Working Group's website.

An Orlando, Fla., nurse, Griffin started a blog. Overthrow Martha, to educate people about natural cleaners. Besides sharing a fabric softener recipe, she recommends simple-to-make dryer balls. Dryer balls decrease drying time, eliminate static cling and decrease wrinkles, she says. Essential oils can be added to them every few loads to softly scent clothes.

"I often hear that people can't give up the fresh smell they get from using dryer sheets, but what people don't understand is that smell comes from chemicals," says Griffin.

THE ASSOCIATED PRESS

Griffin's Wool Dryer Balls

Supplies:

- 100 per cent wool yarn
- Pantyhose
- Essential oil (optional)

Directions:

1. Wrap wool yarn around two or three fingers at least a dozen times, then make a bow by wrapping yarn
2. Push the wool balls into one pantyhose leg, knotting the pantyhose between each ball so they don't touch. Run through the washer with a

tightly around middle of wrapped yarn. Bring the two sides together and continue wrapping tightly in different directions to make a small ball the size of a lemon. Repeat to make several balls.



load of towels on hot cycle, then toss into dryer on hot.

Once dry, remove from pantyhose. Each ball should appear "felted" — the wool fibres tightly adhered. Snip any loose strands.

To use:

1. Scent balls with essential oil, if desired (it'll last a few loads).
2. Toss at least two balls into dryer with wet laundry.

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I'm a big believer that ideas and inspiration are every-

where, and if your mind is attuned, you'll always be inspired. Take, for example, my latest visit to Vancouver, where I enjoyed a short stay at the newly-refurbished OPUS Hotel, a home-away-from-home for those who love colour, design and style. Located in the very chic area of Yaletown, the hotel is surrounded by decor shops, restaurants and lounges.

This boutique hotel has a variety of decor-themed

rooms that allow guests to experience anything from bad-boy funk to glam-star luxury. My favourite room was painted a juicy orange which brightened my day in contrast to the hazy grey spring weather that Vancouver presented outside.

If you're itching for some colour inspiration, then the OPUS hotel will truly inspire. Like the look? I've shopped for a few on-trend decor items to help get the look at home.



A glamour OPUS worth imitating

Instant sunshine prevails with orange walls, funky pop-art and versatile, multi-use furnishings in the inspiring OPUS king room.

Throw down some colour

The simplest way to add your favourite trend colour to a room is with throw pillows. Delano Striped Toss Cushion, \$26, UrbanBarn.com



Extras that feel almost as good as room service

Turn your bedroom into an oasis with all the comforts of a chic hotel room:

- Add a small-scale loveseat or chair if space allows. Mid-century modern furnishings tend to work well as they are smaller in scale.

- Include your very own single-serve brew system for those early mornings when you just can't face your roommates.

- Add double-duty furnishings like console tables,



ottomans and beds that offer storage in small spaces.

- Get yourself a small fridge; there's nothing better than your own bottled water and snack station.



Bring versatility to the table

Versatile as a dressing table, desk or elongated night stand, a console table can be used anywhere in the home. Lack console, \$60, Ikea.ca

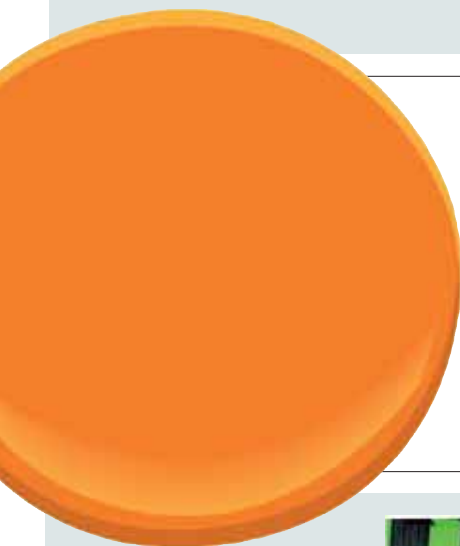
Let a little light shine

Classic modern shapes in neutral colours means loving your accessories long after you are done with your decor scheme. Merrie Table Lamp, \$275, CrateAndBarrel.com



Add a burst of sunshine

Perfect as a focal wall behind a bed or to paint the inside of your closet. Orange Burst 2015-20, BenjaminMoore.ca



Bada-boom bada-baboonery

Be as bold with your art as you are with your wall colours. Baboon print, \$170, CB2.com



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HEALTHY, HAPPY SMILES

April is Oral Health Month and a great time to think more about taking better care of teeth and gums.

"A smile is like a window to your body," says Dr. Travis Stork, a practising board-certified emergency medicine physician and an Emmy-nominated national television host. "As a doctor, I know that a healthy mouth is part of a healthy body."



Poor oral hygiene can cause bad breath and stained teeth, but it may also lead to gingivitis, an inflammation of the gums.

Left untreated, gingivitis can cause more serious gum disease and even loss of teeth. At the same time, healthy teeth and gums make it easy for you to eat well and enjoy good food. And the health of your teeth can affect your self-image, too.

"I believe that good health comes with a healthy lifestyle, which includes staying active, eating healthy and taking care of oral health," Stork says.

Here are ways to keep teeth and gums healthy:

1 Reduce the amount of sugar in your diet — sugar is one of the main



XIXINXING/SHUTTERSTOCK

causes of dental problems. "I advise people to enjoy the natural sweetness of fruits and to cut out as much refined sugars as possible, like pop," Stork says.

2 Take time to brush, floss and rinse every single day. A good oral care routine, Stork says, includes brushing with an electric toothbrush for two minutes twice a day, flossing, and rinsing with an anti-septic mouth-wash.



3 Use Crest Pro-Health Clinical toothpaste, Stork says. "It has been proven to help prevent and even reverse gingivitis and early stages of gum disease." It fights cavities, tartar, and plaque, whitens teeth, and helps freshen breath.

4 Visit the dentist twice a year (and your doctor once a year) for routine checkups. Besides having teeth cleaned, regular checkups can help uncover issues earlier when

they are easier to treat.

5 Keep in mind that certain health conditions may require special care. For example, having diabetes or being pregnant increases the risk of gingivitis. Floss and brush regularly, and use Crest Pro-Health to help prevent and reverse gingivitis, Stork says. Speak to your dentist for more information.

6 Be a good role model to children. Just as being active together as a family is important, so is finding ways to teach children to make regular brushing and flossing a habit, too.

7 Avoid all tobacco products.



WAVEBREAKMEDIA/SHUTTERSTOCK

MAKE ORAL HEALTH A PRIORITY

Are you happy with your smile?

If you aren't it might be a good idea to start using a whitening toothpaste when you brush your teeth.

According to the Crest and Oral-B 2014 Great Canadian Smile Survey, 93 per cent of Canadian adults feel that having a white smile can impact the way other people perceive them and that can definitely affect the way you feel about yourself.

The survey revealed many other interesting insights into the oral hygiene habits and attitudes of Canadians.

For example, while eight in 10 Canadians say their dentist has recommended

brushing, flossing and rinsing with mouth-wash regularly, less than half — just 44 per cent — actually do it regularly. In fact, just three in 10 Canadians say they floss at least once a day.

What's also interesting is that Canadians might take better care of their teeth and gums if their doctor made it a priority. While three-quarters of Canadian adults trust the information their dentist provides regarding the impact oral care has on their overall health, half say that if their family doctor talked to them about their oral care they would take it more seriously.

In general, the majority of Canadians say oral health is an important part of

their overall health. The survey showed almost two-thirds of Canadian adults say they have taken specific steps to improve their daily oral care routine in the last five years.

Furthermore, Canadian parents are also teaching their children that regular brushing is important. Seven in 10 parents with children younger than 12 have incorporated brushing for two full minutes twice a day as part of their child's daily oral care routine.

But only half take their children for regular checkups, one-third began flossing early in the child's life, and one-quarter have taught their child to rinse daily.

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2 BRUSH



3 RINSE

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Crest® Pro-Health™ Multi Protection rinse helps prevent and reduce plaque and gingivitis. Crest® Pro-Health™ toothpaste fights cavities, plaque, tartar, gingivitis and tooth sensitivity. To ensure this product is right for you, always read and follow the label. ©2014 P&G

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WORD OF MOUTH

**GOOD DENTAL HYGIENE
INFLUENCES YOUR
OVERALL HEALTH**

RIDO/SHUTTERSTOCK

Here's a tip — flossing regularly can boost your heart health. Surprised? Dentists aren't because they are welcoming more and more research showing that oral health largely influences our overall health.

"There are a lot of connections between oral health and disease, and the connection goes both ways," says Dr. Benoit Soucy, director of clinical and scientific affairs at the Ottawa-based Canadian Dental Association. "Sometimes conditions in your mouth can impact your general health."

In 2013, researchers at the Columbia University's Mailman School of Public Health made the connection between gum disease and heart health — as gum dis-

ease improves, the rate that heart disease develops slows down. Another 2013 study published in *Oral Health and Preventive Dentistry* concluded that periodontal disease significantly increased the chances of giving birth to a low birth-weight infant.

While researchers and dentists agree there is a connection between oral health and chronic disease, what's difficult to determine is which influences what.

"It's difficult to know what's the chicken and what's the egg?" Soucy says. "It's hard to know when you see that same patients with both cardiovascular disease and periodontal disease to know why those things are paired like that and come to conclusions."

That said, it's generally agreed who

is at risk for such health factors, starting with smokers.

"Tobacco use is one of the most significant risk factors in developing periodontal disease," says Dr. Stuart Froum, president of the Chicago-based American Academy of Periodontology.

Also at risk are those who have generally poor lifestyle habits, such as poor diets and high stress.

"These make it difficult for the body to fight off infection and periodontal disease begins as an infection," Froum says.

To help ward off chronic diseases, dentists encourage patients to improve their overall nutrition and exercise habits, as well maintaining their good oral hygiene habits.

— Astrid Van Den Broek

CHEW ON THESE HEALTHY SUGGESTIONS

Did you know that a healthy mouth is connected to overall general health? Tooth pain, missing teeth or oral infections can have an impact on the way we speak, eat and socialize. Plus, research has shown links between oral disease and health conditions such as diabetes, heart disease and stroke.

The good news is there are many things we can do to ensure that are mouths and teeth stay in top form — just follow these Canadian Dental Association guidelines:

VISIT YOUR DENTIST REGULARLY

- Regular dental exams and professional cleanings are the best way to prevent serious problems or to stop small problems from getting worse.



EPICSTOCKMEDIA/SHUTTERSTOCK

CLEAN YOUR MOUTH REGULARLY

- Brush your teeth and tongue at least twice a day with a soft-bristled toothbrush and fluoride toothpaste to remove plaque

and bacteria that can cause cavities and gum disease.

- Floss daily. If you don't, you aren't cleaning more than one-third of the surface of your teeth.

BE CAREFUL WHAT YOU EAT AND DRINK

- Limit how much and often you eat foods or drink beverages that have sugar, which is one of the main causes of dental problems.

CHECK YOUR MOUTH REGULARLY

- Look for symptoms of gum disease, such as red, shiny, puffy, sore or sensitive gums; bleeding when you brush or floss; or bad breath that won't go away.

— Jane Doucet



ALEKS094/SHUTTERSTOCK

MAKE IT FUN AND CREATIVE

Just like getting your children to bathe, eat veggies, do homework or go to bed at night, it sometimes takes creative parenting to find ways to motivate kids to care for their teeth.

Here are some inspired tips and ideas put together with the help of Dr. Peter Doig, president of the Canadian Dental Association, to help instill good oral habits in your young ones that will last a lifetime.

Do it together. Kids love to mimic and they can learn a lot about brushing and other oral care habits by watching you. "Brushing each other's teeth is a great way to teach kids and to make sure they are getting their teeth brushed properly, too," Doig says.

Make it a habit. Brushing their teeth should be part of a routine from the time they are babies. "They should get used to having people put hands in their mouths and rubbing the gums."

Introduce kid-friendly products. It's always more fun for kids to brush with great-tasting toothpaste formulated for children, and brushes that appeal to kids and are designed for their small hands and mouths. "Let them pick out their own so they take ownership," Doig says.

Explain why brushing is important. Kids will be more inclined to brush if they think there are things like "tooth bugs" that have to be brushed off their teeth. "Explain in terms they'll understand, depending on their age."

Make it musical. It's tough to get kids to brush for the recommended two minutes. "Sing to them, or turn on their favourite tune and get your kids brushing to the music, and the time will pass quickly," Doig says.

— Michelle Williams



ASK A DENTIST

What are implants and what are the benefits of implants?

A dental implant is an artificial tooth that is placed into your jaw to hold a replacement tooth or bridge. There are a number of benefits of implants. They are a great long-term solution, as traditional dental bridges only last on average 10-15 years. However, dental implants only need periodic adjustments and can last a lifetime if properly placed and cared for. Implants are the next best thing to healthy, natural teeth. They are strong and stable, and they fit, function, and feel like natural teeth. Moreover, you have the benefit of retaining your natural face shape and smile.

Are dental x-rays necessary?

Dental x-rays help dentists visualize diseases of the teeth and surrounding tissue that cannot be seen with a simple oral exam. X-rays also help dentists find and treat dental problems early in their development.

How many times should I floss my teeth a day?

You should floss your teeth at least once a day. Flossing your teeth has a number of benefits as it removes food debris and plaque from in between the teeth that a toothbrush cannot reach.

Is mouthwash important and does it help?

Studies have shown that the use of mouthwash has an appreciable effect on plaque and gingivitis. Mouthwash has a number of benefits and helps with a number of oral hygiene issues. It helps freshen breath, reduce dental plaque, prevent tooth decay, and even help control gingivitis.

How can I protect against my child's cavities?

Cavities in our children's teeth are caused by the sticky snacks they eat and sugar in liquids that they drink. Sugar is everywhere and most of us seek it, including our children. There are three things that parents can do to keep their children's teeth

healthy. The first is diet. Although you do not have to eliminate these from a child's diet, a child's access to sweet snacks and liquids should be limited. The second is oral hygiene. Parents can help children learn the importance of personal oral hygiene and teach them to brush and rinse consistently. The third is a visit to the dentist. A regular dental examination and cleaning can help take care of issues that are not addressed with regular brushing and can also catch any significant problems before they occur.

Why should I take my toddler to the dentist?

Although toddlers may lose their primary teeth eventually, their oral health is extremely important in the long term, and seeing a dentist plays a large part in this. Once a baby tooth gets bacteria in there, it progresses quickly, seeping through the tooth and eventually bone, potentially causing dental infections. In addition, if an infection does exist in the baby teeth, the enamel for the adult teeth may not be formed properly and they can be permanently damaged. Primary teeth also play an important role in maintaining the space required for adult teeth to come through.

When should I bring my child to their first appointment?

This is a question that I often get and many parents have a tough time judging how much dental care their children need. Ideally, your child should go to the dentist by his or her first birthday, or 6 months after their first tooth erupts. However, proper dental care begins before a baby's first tooth appears. We recommend running a damp washcloth over a baby's gums daily to clear away harmful bacteria. As teeth start coming in, parents can brush their children's teeth with an infant toothbrush.

Is there a connection between oral health and other health conditions?

Studies have shown that the condition in your mouth is closely tied to your overall health. For example, type 2 diabetics have an increased incidence of periodontitis or gum disease and there has also been a connection between poor oral health and cardiovascular conditions.

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Dr. David Yu is the head dentist at Refined Dental in Edmonton, Alberta and an expert in the field of cosmetic dentistry. Should you have any questions for Dr. David Yu please submit these to contact@refinedental.ca.



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This recipe serves six. PHOTOS © MIKE MCCOLL. PUBLISHED BY HARPERCOLLINS CANADA. ALL RIGHTS RESERVED.

A rousing ode to slurping: Corn chowder

Cookbook of the Week

Slim down your faves; keep flavour



Depriving yourself of your favourite foods or going to an extreme you can't maintain are two reasons diets fail.

Chef Jo Lusted offers a solution to diet failures with her new book *Dish Do-Over*, in which she transforms so-called "guilty pleasures."

Lusted's approach makes smart ingredient swaps and includes a "before and after" nutritional count. Among the recipes in the book are: Pizza Burgers, Shepherd's Pie, Beef Stroganoff, Poutine, Fish and Chips, Whoopie Pies and more. **METRO**

Dinner. This classic recipe replaces fatty ingredients and weighs in at 187 calories compared to the typical 533

"In this recipe, I replace the usual excessive amount of butter, bacon and cream with a respectable amount of olive oil, 1% milk and smoked paprika for smoky flavour without any calories," writes Jo Lusted in her book *Dish Do-Over*. "I also load this soup with veggies, making this a nutrient-dense version of the classic."

1. In a blender, purée 1 cup corn kernels and 1 cup each stock and milk until smooth. Set aside.

2. In a medium saucepan, heat oil over medium heat. Add onion, carrot, celery, garlic and thyme and cook, stirring frequently, until softened, about 6 minutes. Add paprika and flour and cook, stirring constantly, until fragrant, about 1 minute. Add potato, bay leaf and remaining 3 cups stock, increase heat to high and bring to a boil. Reduce heat to medium and simmer for 10 minutes or until potatoes are tender when pierced with a knife. [Make-ahead: Soup can be prepared

to this point up to 48 hours in advance, covered and refrigerated. Warm soup over medium heat before proceeding with recipe.]

3. Stir in prepared corn purée, remaining 2 cups corn kernels and bell pepper and bring to a gentle simmer, about 5 minutes. Remove from heat, discard bay leaf and season with lemon juice, hot sauce, salt and pepper. Ladle into serving bowls and sprinkle with chives.

RECIPES FROM DISH DO-OVER © 2014 BY JO LUSTED (COLLINS, 2014).

Ingredients

- 3 cups fresh corn kernels
- 4 cups low-sodium chicken stock
- 1 cup 1% milk or unsweetened plain almond milk
- 1 tbsp olive oil
- 1 yellow onion, diced
- 1 carrot, peeled and diced
- 1 celery rib, diced
- 2 garlic cloves
- 2 tsp chopped fresh thyme
- 1 tsp smoked paprika
- 1/4 cup brown rice flour
- 1 medium potato, diced
- 1 bay leaf
- 1 red bell pepper, diced
- 1 tbsp fresh lemon juice
- Hot sauce
- Sea salt and freshly ground
- Black pepper
- 2 tbsp chopped fresh flat-leaf parsley or chives

For your phone

Cocktails by ItalianYummy (iPhone; free)



MIND THE APP
Kris Abel
@RealKrisAbel
life@metronews.ca

There are more than 400 cocktails in this cleverly organized guide that uses delightful graphics for step-by-step instructions. Shake your phone like a martini and you'll get a surprise drink.



3-Cheese Garlic Bread

Ingredients

- 1 whole wheat baguette
- 3 tbsp unsalted butter
- 4 garlic cloves, minced
- 2 green onions, minced
- 3/4 cup shredded low-fat aged cheddar cheese
- 3/4 cup shredded low-fat mozzarella cheese
- 1/3 cup non-fat plain Greek yogurt
- 1/4 cup freshly grated Parmesan cheese
- 1/2 tsp Italian herb seasoning
- 1/4 tsp cayenne pepper
- Sea salt and freshly ground
- Black pepper

1. Preheat oven to 400 F. Line a large baking sheet with parchment paper. Slice baguette in half crosswise and then in half lengthwise.

2. In saucepan or non-stick skillet, melt butter over medium heat. Add garlic and cook, stirring constantly, until fragrant, about 2 minutes. Transfer to a large bowl and allow to cool to room temperature. Stir in green onions, cheddar, mozzarella, yogurt, Parmesan, Italian herbs and cayenne. Season with salt and pepper.

3. Spread mix evenly over cut sides of bread and place on pre-



This recipe serves eight.

pared baking sheet. Bake for 15 minutes, until cheese is golden

brown and bubbling and edges of bread are golden brown.

Relocation to Seattle

Group interested in moving NBA team, not NHL

The investor who attempted to purchase the Sacramento Kings and move them to Seattle says his investment group is solely focused on pursuing the NBA and is not interested in owning an NHL franchise.

Chris Hansen told The Associated Press on Wednesday that no one in his ownership group has interest in being the majority owner of a hockey franchise even as rumours continue to circulate about the NHL having interest in Seattle as a possible market in the future.

Hansen says the focus of his group is getting all environmental reviews finished on their proposed arena so that if an NBA franchise becomes available via sale or expansion, Seattle can be at the front of the line ready to go.

THE ASSOCIATED PRESS

NHL

Toews out for rest of regular season

Blackhawks captain Jonathan Toews will miss the rest of the regular season with an upper-body injury.

The team said Wednesday that coach Joel Quenneville expects Toews to be "100 per cent" for the playoffs.

Toews was injured after a hit by Penguins defenceman Brooks Orpik on Sunday night. Toews got up slowly and was seen holding his left arm on the bench before heading to the locker room.

THE ASSOCIATED PRESS



Mighty Oilers slide into Anaheim

Edmonton Oilers winger Taylor Hall shoots against Anaheim Ducks defenceman Luca Sbisa in the first period of their game on Wednesday in Anaheim. For the results of the game and more, go to metronews.ca. ALEX GALLARDO/THE ASSOCIATED PRESS

Buehrle's 11 K's, Jays shut out Rays in Tampa Bay

MLB. Bautista's two homers move Toronto one step closer to long overdue success vs. Rays

Mark Buehrle allowed four hits over 8 2-3 innings, Jose Bautista homered twice, and the Toronto Blue Jays beat the Tampa Bay Rays 3-0 on Wednesday night.

Buehrle (1-0) struck out 11 and walked one.

On Wednesday

3

Blue Jays

0

Rays

Sergio Santos entered after Ben Zobrist had a two-out single off Buehrle in the ninth and walked Evan Longoria. Brett Cecil then struck out

pinch-hitter Matt Joyce for his first save.

Bautista put the Blue Jays ahead 1-0 on his first homer of the season, a solo shot off Matt Moore (0-1) in the fourth. Dioner Navarro made it 2-0 later in the inning with an RBI single.

Toronto went up 3-0 on Bautista's second homer, a towering solo drive to left off Josh Lueke during the seventh. It was the slugger's 22nd multi-homer game.

With a victory in Thursday night's game, Toronto would

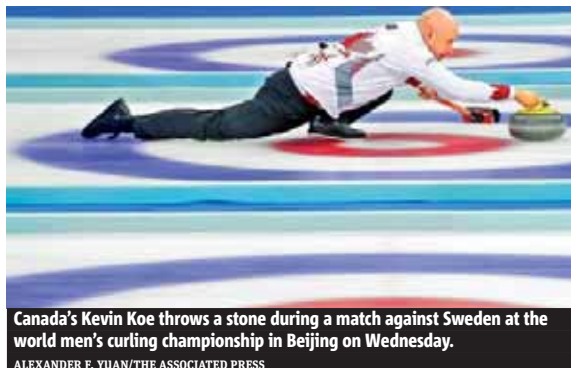
stop a streak of 20 consecutive winless road series against the Rays. The Blue Jays, who have won two of three against the Rays to start a four-game set, haven't won a series at Tampa Bay since April 2007.

Moore gave up two runs, six hits and three walks in 5 2-3 innings.

Toronto third baseman Brett Lawrie saved a run in the fifth when he made a leaping catch on Sean Rodriguez's liner with a runner on a second.

THE ASSOCIATED PRESS

Koe in battle to advance to playoffs



Canada's Kevin Koe throws a stone during a match against Sweden at the world men's curling championship in Beijing on Wednesday.

ALEXANDER F. YUAN/THE ASSOCIATED PRESS

Canada's Kevin Koe is on the playoff bubble at the world men's curling championship after splitting his games Wednesday at Capital Gymnasium.

The veteran skip and his Calgary-based team beat Switzerland's Peter de Cruz 8-4 before dropping a 6-2 decision to Sweden's Oskar Eriksson in the evening draw.

"It's disappointing, that was a big game for us and we couldn't pull (it) out," said Koe. "That's a tough one. Just one of those games where we would build a big end and he'd

Quoted

"Our backs are against the wall and we just have to worry about making the playoffs."

Canada skip Kevin Koe

come up with a good shot and I couldn't answer.

"I had a few chances. I missed a triple for three (in the sixth end) and kind of miscalled the line again. Just one of those games — off by a

couple inches."

Canada was tied with Switzerland at 6-3 after 14 draws of play. Norway's Thomas Ulsrud was in first place at 8-1 and Japan's Yusuke Morozumi was next at 7-2.

Round-robin play wraps up Thursday with Canada set to play Germany's Johnny Jahr and Scotland's Ewan MacDonald. The top four teams will make the playoffs.

Koe won gold at his only previous appearance at the 2010 world championship.

THE CANADIAN PRESS

Shewfelt springs into Hall of Fame

Canadian Olympians.

Calgarian among athletes, coaches, builders to be honoured in June

Kyle Shewfelt's Olympic gold medal in gymnastics shines bright a decade later because it is the first and only of its kind in Canada.

Unlike the Olympic champion who has a teammate or hero to follow or emulate, Shewfelt blazed his own trail to win the floor routine in 2004. He is the only Canadian to win an Olympic medal of any colour in gymnastics.

The Calgarian is among the athletes, builders and coaches who will be inducted into the Canadian Olympic Hall of Fame in June.

He'll join speedskater Cindy Klassen, the victorious



Gymnast Kyle Shewfelt won a gold medal in the floor routine at the 2004 Summer Olympics.

GETTY IMAGES FILE

men's eight rowing team of 2008, speedskating coach Marcel Lacroix, hockey coach Pat Quinn and the late, former Alberta premier Ralph Klein among the 2014 inductees.

Sports journalist Richard Garneau, who covered 23 Olympic Games, will receive the Canadian Olympic Order posthumously.

While Shewfelt agrees no Canadian beat a path to the podium for him, he didn't feel isolated in his quest.

"Why did it happen for me? I wasn't by myself," Shewfelt said. "I had tons of supporters, amazing teammates, my national federation was so supportive of the dream. They sent me around the world when I was 17 to get that experience. I just never wavered in my belief that it was possible."

"For myself, I wanted to take it to the next level and I guess it took a lot of courage for myself to do that, but it was something I was willing to risk. I knew as an athlete that when I ended by career, I wanted to look back and have no regrets. I had to chase the biggest dream possible."

THE CANADIAN PRESS

Thursday's Metro AR poll



DOUG PENSINGER/GETTY IMAGES

Hayley Wickenheiser revealed on Tuesday she has had a broken foot for the past year. That includes the time in which she led Team Canada to a gold medal at the Sochi Games. Scan the image above using your Metro News app to vote on the most courageous "playing hurt" moment in sports history.

Metro AR poll results

34% Metro News readers voted hockey player Mike Fisher and country singer Carrie Underwood the hottest couple in sports. Also shown love in the poll were the following twosomes:

24% Dustin Johnson and Paulina Gretzky

18% Cristiano Ronaldo and Irina Shayk

12% Dion Phaneuf and Elisha Cuthbert

6% Dwyane Wade and Gabrielle Union

6% Justin Verlander and Kate Upton



Mike Fisher and Carrie Underwood

GETTY IMAGES FILE

Start this season in a new position.

Ready to play in the big leagues? On top of posting over 650 new jobs every day, we also have the best advice and tools to help you move your career from the nosebleeds to the middle of the action. It's what makes Workopolis Canada's number one job site.

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WORKOPOLIS

"Number one job site" based on six-month average online job postings for period ending February 28, 2014. Comparison between Workopolis and all other major paid online job boards. Does not include online classified sites or job posting aggregator sites. Statistics provided by WANTED Technologies. © 2014 Workopolis.



Horoscopes

Aries

March 21 - April 20

See to it that you are rewarded for your efforts, especially on the work front where others may try to give you less than you deserve. You don't have to be aggressive but make sure you get what you are worth.

Taurus

April 21 - May 21

The planets will make it easy for you to complete a task that needs to be out of the way right away. If you focus all your energy in one direction today, there is no telling what you might accomplish.

Gemini

May 22 - June 21

Call it as you see it and don't worry about the reaction. Not everyone will be pleased that you're so open about the issues but it's their fault for backing ideas that are easily disproved.

Cancer

June 22 - July 23

Try not to get angry with those who can't make up their minds as quickly as you. If you want to get things done, you will either have to go it alone or make alliances with those who share your hunger for success.

Leo

July 24 - Aug. 23

You seem to be working harder than ever but are you working for yourself or others? That's the question you most need to ask today and if the answer is the latter you will need to make changes.

Virgo

Aug. 24 - Sept. 23

If there is someone you would like to know better, let them see you are interested. If you make the right sort of move now, it could be the start of a beautiful friendship (or more).

Libra

Sept. 24 - Oct. 23

Give partners and loved ones your support today, even if you have good reason to criticize. Whatever they may have done and however much it may have affected you, it was an honest mistake.

Scorpio

Oct. 24 - Nov. 22

A relationship that has gone through some difficult times can be repaired but first you must ask yourself if that is what you truly desire. The Sun at odds with your ruler Pluto suggests you may be thinking of ending it once and for all.

Sagittarius

Nov. 23 - Dec. 21

A new business venture can be a success but to make it work you will need to give everything to it. Is it worth the time and energy? Only you can decide. Just do it soon.

Capricorn

Dec. 22 - Jan. 20

If you believe in yourself and work diligently towards a well defined goal there is no reason why your name should not be up in lights — and your bank balance blessed by a large input of cash.

Aquarius

Jan. 21 - Feb. 19

The Sun at odds with power planet Pluto today warns you must resist the temptation to go to extremes. If you overstep the mark at home or work you could end up paying a price.

Pisces

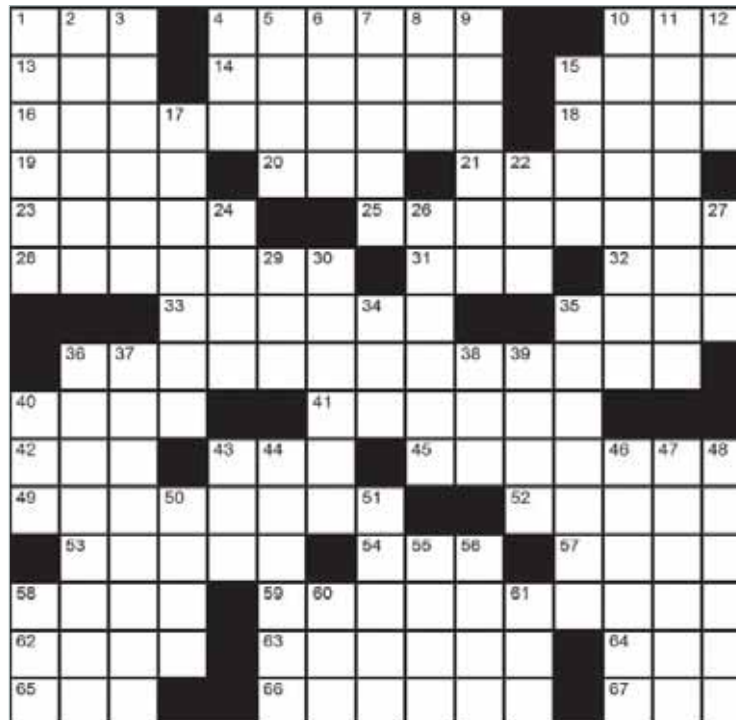
Feb. 20 - March 20

If you want something today there is a chance someone will give it to you but you have got to ask directly. If you drop hints chances are they won't understand. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

1. Got a glimpse
4. Mafia don's realm: 2 wds.
10. Police alert, commonly
13. Tel Aviv, ___
14. Having branches
15. Marianas island
16. Cate Blanchett role, ___
18. Antelope type
19. ___ good example
20. Lanka's lead
21. "Seven Years in ___" (1997)
23. High School attendees
25. Edmonton, 'Canada's ___ City'
28. Fruit sort
31. Camper's bed
32. Cube used for soups
33. Prehistoric tool
35. Nothing: French
36. CUPW = Canadian Union of ___
40. ___ vinegar
41. Vassals
42. Band-___
43. Compass dir.
45. Aerobics class device
49. ___ circles (Concealer targets)
52. Socialite/hostess
53. Mesta
54. Certain crown
55. Ronny & The Daytonas hit
57. Burden
58. ___ messaging



59. Launched by a candidate in Toronto ahead of the big election there on October 27th, 2014: 2 wds.
62. Mr. Kristofferson
63. Baseball official's duty
64. WSW's opposite
65. 'Verb' suffix

66. Ritzy couch
 67. Cave
- Down**
1. Midday break
 2. Isn't this in the Meg Ryan/Tom Hanks 'Seattle' movie
 3. Novelist
 4. "My Crew" Prod.

- Snaz by Canadian rapper Dudley Hylton - 'Tha Rhyme Animal' aka ___
5. Montreal hockey players, to fans
6. Urgent situation, briefly
7. Recurring theme
8. Kyrgyzstan city

9. Shakespearean "Very well then...": 3 wds.
10. "Good-bye.", in Montreal: 2 wds.
11. It's guaranteed that everyone will do this and die: 2 wds.
12. Sporty bike
15. ___ Desert

17. Most goofballish
22. TV Cousin
24. Kilt wearer
26. The Wilderness of Manitoba album: 'Island of ___'
27. Mr. Chaney Jr.
29. 'Motor' suffix
30. Canadian-made 'World's Best Hat'
34. Prefix to 'light'
35. Make a typo ...then figure out the word's right letters
36. The Group of Seven
37. "The Night They Drove ___ Down" by The Band
38. Mil. unit
39. Retain
40. Egyptian ___ (Cat breed)
43. Be mistaken
44. Canadian broadcaster Mr. O'Regan
46. Investigated
47. Julia Louis-Dreyfus role
48. Blush
50. Chow
51. Country in Africa
55. "Jump ___!" (Hurry!)
56. River in Normandy
58. Boxing stat.
60. Soul: French
61. Ripen

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN

Yesterday's Crossword

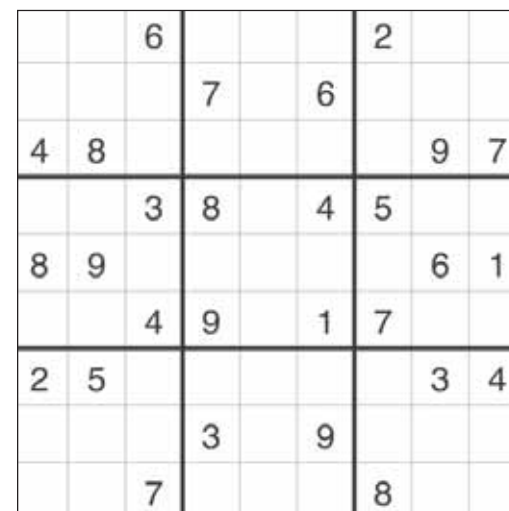
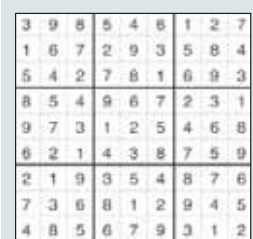


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Weather

TODAY

FRIDAY

SATURDAY



MAX: 1°
MIN: -8°



MAX: 6°
MIN: 1°



MAX: 1°
MIN: -6°



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